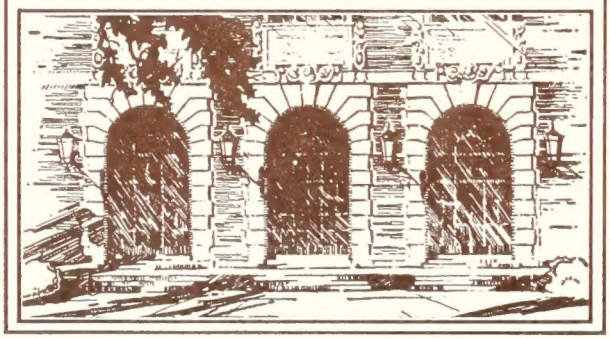

Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

Time: 5:15 FOR BROADCAST THURSDAY, JANUARY 22, 1948

1000 STUDENT NURSES NEEDED

(2:00) PLEASE...WILL YOU HELP? The campaign to recruit student nurses has started, and 1000 are needed at once. High school graduates can enroll in the February and March classes--if they make application promptly to a hospital nursing school in their area.

You can help by contacting high school graduates and graduating seniors in your community. They can find out about a nursing career and secure a Directory of Approved Schools of Nursing in Illinois by writing the ILLINOIS STATE NURSES' ASSOCIATION, 8 SOUTH MICHIGAN AVENUE, CHICAGO 3. Those living in the Chicago area can secure information by telephoning CENTRAL 9708 (repeat address).

If professional nursing standards are to be maintained in Illinois, 3,200 new student nurses are needed this year. One thousand of these new admissions are needed for the spring classes starting in February and March. The National quota is 50,000. This is the largest peacetime recruitment program for student nurses ever undertaken.

Please contact young women in your community. To join this handpicked group, an applicant must be a high school graduate

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or a college student of good health and character. Ask them to write the ILLINOIS STATE NURSES' ASSOCIATION, 8 SOUTH MICHIGAN AVENUE, CHICAGO 3, for information.

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VISIT UI HOME MANAGEMENT HOUSE

(2:15) If you are planning to remodel your home or any part of it, be sure to visit the University of Illinois home management house during Farm and Home Week. It's a splendid example of how limited funds can be used to make an old house livable and attractive. The house will be open to visitors February 10-11 from 4:00 to 5:30 p.m., and you are invited.

Careful planning and much work on the part of students and teachers has transformed the interior into an attractive, colorful, and convenient home. Work areas have been carefully studied and remodeled. Kitchen equipment on hand has been utilized and adapted to the available space. Floor and work surfaces have been efficiently treated.

If windows are one of your problems, you'll find helpful suggestions at the home management house--whether your concern is too many windows or how to curtain them. Inexpensive materials have been skillfully used, and in a way that can be adpated to practically any home. One color scheme--an attractive gray-green--selected for the living and dining areas, has been repeated throughout the house.

When students and teachers started to work, no space was available for laundry facilities, so the garage was converted. Win-

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When students and teachers started to work, no space was available for laundry facilities, so the garage was converted. Win-

dows had to be added and a door cut from the main part of the house to the laundry. In this remodeled room you'll see automatic washing machines, stationary tubs, agitator, ironer and other ironing equipment used by students in studying laundry problems.

Rem mber the dates for open house if you are interested in remodeling or changing any area of your home. The UI home management house will be open to visitors on February 10 and 11 from 4:00 to 5:30 p.m., and you are invited.

****

BAKING WITH SUNFLOWER-SEED FLOUR

(1:00) Do you know about sunflower-seed flour? Yes, it is new, but it has been tested for several baked products and found good. Mrs. Royene Owen, research specialist, University of Illinois College of Agriculture, has used it successfully in plain cake, spice and chocolate cakes, and in griddle cakes.

In the tests the sunflower-seed flour was used in combination with cake or all-purpose wheat flour. It was not used alone. It is a fluffy, light-gray powder that blends easily with wheat flour. The average weight per cup is less than half that of wheat flour, and yet its ability to absorb moisture is twice as great.

From a nutritional standpoint, this new flour has plenty to recommend it. It rates high as a source of protein, niacin and thiamine. Among seed flours it is exceptionally high in calcium.

If you wish copies of the tested recipes, send your request to the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

Time: 3:55 FOR RELEASE FRIDAY, JANUARY 23,1948

SAFE HOME AWARDS

(1:45) HOW SAFE IS YOUR HOME? Have you checked for hazards recently? During the past year more than 10,000 Illinois families have been enrolled in the SAFE HOMES PROGRAM--working to make their homes a safer place in which to live.

These families, living in more than 60 counties of the state have checked their homes for hazards regularly and removed those hazards. They have reported accidents and have done their best to report the cause of the accidents.

Come Farm and Home Week, February 9-13, awards will be made to the counties that report the best home safety records for 1947. Two awards will be made. One will go to the county with the largest enrollment reporting no home accidents, and the other to the county with the lowest percentage of accident among the families enrolled.

The Illinois Safe Homes Program was initiated five years ago by the University of Illinois in cooperation with the Illinois Home Bureau Federation and the National Safety Council. It was organized to help prevent home accidents and to secure accurate data on the causes of home accidents. Any Illinois family whose members

are interested in making and keeping their home safe is eligible to enroll.

****

DIMES ARE ON THE MARCH

(:30) The 1948 March of Dimes is on--your dimes are needed! This year's campaign runs through January 30th--less than two weeks'time remains. Half of the money you give stays right in your community to guarantee your child the finest available polio care when he needs it. The other half goes to National Foundation Headquarters for research, education and epidemic aid.

SEND YOUR DIMES AND DOLLARS--JUST AS MANY AS YOU CAN SPARE--TO YOUR LOCAL MARCH OF DIMES HEADQUARTERS TODAY. TIME IS SHORT.

****

SHORT SKIRTS ON THE WAY BACK

(:30) Short skirts will reappear in the stores this spring--that's the prediction made by the New York Journal of Commerce. Buyers generally believe that the "New Look" is not popular enough to encourage all-out stocking of long dresses and coats. For the first time in years, the American woman is buying the style she herself considers best suited to her personality.

Department store and dress store buyers now purchasing dresses and coats for spring wear are ordering large quantities of short-skirted syles to meet consumer demands.

****

FARM-HOME WEEK SPEAKER

(1:10) What do you know about contemporary art? Well, if you'd like to know more, you'll be interested in Tuesday morn-

ing's homemaker session during Illinois' Farm and Home Week.

Harold A. Schultz, who is assistant professor of art education at the University of Illinois, is going to talk about "The Meaning of Contemporary Art," at this particular session on February 10.

In addition to his teaching, Mr. Schultz has done a great deal of traveling in various parts of America and in Europe. He's going to illustrate his lecture with lantern slides.

This, of course, is just one of the many topics for homemakers who attend Farm and Home Week February 9 through 13, at the University of Illinois. The whole homemakers' program is for you and at no cost--except, of course for your room and meals if you stay overnight.

Those Farm and Home Week dates again are February 9 through 13--with Mr. Schultz at 9 o'clock on Tuesday, February 10.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JANUARY 24, 1948

Time: 4:15

FIRST AID FOR THE FAMILY FOOD BUDGET

(2:00) Stretching food pennies is more than a game these days. For families operating on an average budget, it is a necessity if meals are to be kept well balanced and interesting.

Foods that are in season and in good supply are usually the best buys from the price standpoint, according to Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Many of them are nutritious and fine in flavor and easy to prepare.

At present the citrus fruits--oranges, grapefruit, and tangerines--are plentiful and reasonable in price in most areas. It's wise to check size and quality along with price and note whether they are sold by weight or by the unit. Buy according to the way you plan to use the fruit, particularly oranges Very often the "juice" oranges are lower in price than the "segment" variety.

Several dried fruits will continue in good supply at reasonable prices. Prunes, raisins, peaches, and figs are featured in many markets, and there are scores of ways to serve them. Add

them to puddings, pies, frozen desserts--even the breakfast cereal--for extra flavor and nutritive value.

Both honey and peanut butter are on the plentiful list. Honey prices are about 25 to 30 percent below those of six months ago. Honey production has remained at a high level, but the demand has somewhat declined because of the larger supplies of sugar and syrups.

****

SCHOOL REORGANIZATION

(1:00) School Reorganization--its Progress and Problems, is scheduled for discussion Wednesday, February 11 during Farm and Home Week at the University of Illinois.

The session gets under way at 10 o'clock with a panel discussion. Five prominent speakers--each from a different area of school work--are listed. The Panel will be followed by a forum under the leadership of Dr. D. E. Linstrom, professor of rural sociology, University of Illinois College of Agriculture.

School reorganization is a topic that is being discussed in many communities throughout the state. If it is a problem in your area--if you are interested in all phases of the situation--be sure to attend the session Wednesday, February 11, during Farm and Home Week.

****

TEST YOUR WORKING HEIGHT

(1:15) What is the height of the working surfaces in your kitchen? Are they right for you? Having them the correct height will reduce the time and energy required for those routine jobs,

Add 2--Test Your Working Height

advises Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture

You may not realize that your working surfaces are too high or too low because you have become accustomed to them. One test you can make for correct working surface is to be able to put your hands flat on the surface without stretching or stooping. There are some exceptions; for example a higher surface is needed to roll out dough than to beat a cake--rolling dough is done on the work surface while beating a cake is done above it.

Improper working heights can often be changed easily. If a table is too high, the legs can be shortened. If it is too low, it can be raised by adding wooden blocks to the legs. The height of movable cabinets can be changed in the same way. If the sink is too low a board or block can be used under the utensil or pan. If a sink is too high, the best solution is to replace it. In changing heights of equipment, experiment first with movable equipment such as tables.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, JANUARY 26, 1948

Time: 4:15

KEEP YOUR DIMES MARCHING

(1:00) Infantile paralysis is on the increase! In the past five years it has increased 150 percent over the previous five-year period. The National Foundation is trying to do something about it, but it needs your dimes to carry on.

Through research programs directed by the foundation, new methods of treatment are so effective that today only 20 percent of all polio victims suffer severe crippling after effects. There is still much work to be done.

Send your contribution to your local March of Dimes Headquarters today. Fight Infantile Paralysis.

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HOUSING PROBLEMS DISCUSSED

(1:00) Housing holds the spotlight during Farm and Home Week, February 9-13, at the University of Illinois. Some of the topics listed for discussion are: "Your House Can Have a New Look," "Guides to Home Planning and Remodeling," "Equipment and Furnishings for a New Farm Home," and "Outlook for Building Materials and Equipment."

If you have housing problems--planning, remodeling, or furnishing--here is your opportunity to discuss them with special-

ists. Remember the dates February 9-13, Farm and Home Week, University of Illinois.

****

ENRICHED FLOUR

(:15) Enriched flour is white flour to which has been added some of the minerals and vitamins removed with the bran and the germ. It has more nutritive value than plain white flour. READ THE LABEL BEFORE YOU BUY.

SAFE TO EAT

(2:00) Are home-canned fruits and vegetables safe to eat if they have become discolored in storage? That's the question homemakers are asking as they check canned products for spoilage.

There are several causes for discoloration of canned food besides spoilage, advises Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Fruits and vegetables may darken at the top of the jars from air in the jars. They also may darken from too little or too much heat during canning.

Light-colored fruits, such as pears and apples, sometimes take on pink or blue tints from chemical changes in their coloring, or from too slow cooling after canning. Iron or copper in cooking utensils or in water may cause brown, black or gray colors in canned foods. SUCH COLOR CHANGES ARE NOT HARMFUL, ALTHOUGH THE FOOD MAY TASTE AND LOOK LESS APPETIZING.

Foods that show any sign of spoilage along with the discoloration should be destroyed without tasting, Miss Cook warns. Some of the most common signs of spoilage are leakage, swelling or bulging of jar tops or tins, a spurt of gas when the jar or can is opened, and mold on the top of the jars. While mold in acid products is usually not harmful--although it does affect the flavor of the food--it may cut the acidity so that dangerous spoilage organisms can grow.

Unfortunate as it is to have to waste canned food it does not pay to take chances. Any product that shows signs of spoilage should be destroyed. Canned vegetables especially should be suspected if they show the slightest sign of spoilage.

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1/21/48

Homemaking Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, JANUARY 27, 1948

Time: 3:45

CUT CORNERS SAFELY

(1:00) "Cutting corners" is a phrase that has established a reputation for getting things done fast. But the National Safety Council's records show that "cutting corners" also has a reputation for causing accidents.

Schedules are crowded these days--homemakers cut corners in many ways in order to get things done without wasting time. But we should learn to distinguish between SAFE short cuts and RISKY ones.

The National Safety Council suggests that before we race down stairs, reach over a lighted stove burner, or clamber up on a wobbly chair or box, we take time to peep around the corner we want to cut. Let's make sure it is a safe one. Let's remember, too, that ACCIDENTS DON'T JUST HAPPEN--THERE IS ALWAYS A CAUSE.

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FISH EASY ON POCKETBOOK

(:45) Fish deserves a place on market lists these days, according to Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. It's an excellent source of high-quality protein, requires only a short cooking period and can be served in dozens of ways.

Frozen fish is in good supply and most markets offer considerable choice. Some markets sell fresh fish the year round. Ask about fish fillets or fish steaks. They can be pan-fried, baked or poached. Your recipe book will give you suggestions for a variety of sauces to add zest and flavor.

****

LINCOLN FRIENDSHIP TRAIN

(1:00) Another Friendship train is being organized--and this time very near home. Church groups in Piatt, Ford and Champaign county are setting up plans to collect food and clothing for families in Europe. Already McLean and Vermilion counties have added their names to the list, and other counties are appointing committees.

Churches of all denominations are invited to participate. The train will start on its midwest "collection" tour February 12, the day when the whole nation will observe Lincoln's birthday.

The food and clothing collected will be distributed to needy families in Europe by Protestant, Catholic and Jewish groups. Political and governmental agencies will not participate.

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ANNUAL MEETING--FARM AND HOME WEEK

(1:00) The Illinois Home Bureau Federation will hold its annual meeting Tuesday, February 10, during Farm and Home Week. The session is scheduled for 9 o'clock in Smith Recital Hall, and more than 90 counties are expected to send delegates.

The Federation Executive Board and Advisory Council will meet Monday, February 9, at 10 o'clock in the Illini Union to summarize reports and to complete plans for the Tuesday meeting. All members of the board and council are urged to attend.

County and unit home bureau officers are scheduled to meet Wednesday, February 11, 7:30 o'clock in Gregory Hall. Their session will be devoted to a a discussion of organization problems.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JANUARY 28, 1947

Time: 3:20

WE CAN CONSERVE FOOD

(1:00) Food conservation begins the moment we take our pencil and pad in hand to make out our grocery list, according to Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Wise planning and buying means that we study our local markets, know what foods are available and select largely from those that are plentiful and more reasonable in price. We can be sure that we provide our families with the food essentials if we follow the "Basic Seven" food group. Nor need our meals be monotonous, for many foods are available which lie within the seven food groups.

Conserving in terms of any one day out of the week is not enough. The most effective "planning ahead" calls for an advance blue print for a full week. This means checking the market, planning menus and checking supplies on hand regularly. It means proper storage of food at home, reduction of food waste, good cooking methods and prompt, attractive service of meals.

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FARM AND HOME WEEK--ROOM RESERVATIONS

(:15) Remember the dates for Farm and Home Week--February 9-13--University of Illinois campus. You are invited to attend.

It will not be necessary to make advance reservations for rooms. You can obtain your room at the time of registration. Accommodations will be ample for all Farm and Home Week visitors.

****

HOMES ARE NEEDED--DON'T BURN YOURS

(1:00) We're lucky to have a place to live these days--IF we do have places to live. But we can't depend on luck to protect our houses or apartments against fire. Every day more homes are reported destroyed by fire--usually as a result of carelessness or neglect.

The National Safety Council reminds us to check frequently for such hazards as worn extension cords or loose plug connections, to remove flammable rubbish from the attic or basement and to store matches the safe way--out of children's reach.

We can never afford to destroy homes. Today the situation is particularly serious--the supply of living quarters is far, far short of demand. Let's check our homes regularly--let's keep them safe.

****

TOP WITH CRUMBS FOR GOOD EATING

(1:00) A rich, crunchy crumb topping teams nicely with the flavor of home canned or cooked dried fruit, says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Arrange the fruit in a casserole or deep pie plate and cover generously with a flour-sugar-fat topping. Bake in a moderately hot oven, 375°F. until the fruit is thoroughly heated and the crust is golden brown.

Serve warm with a topping of whipped cream or a generous slice of fine-flavored cheese. If you prefer, sprinkle the crust with grated cheese as soon as it comes from the oven.

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TAKE TIME TO REST

(:05) Physical and mental fatigue cause many home accidents. Do you rest when you are tired?

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, JANUARY 29, 1948

Time: 3:45

GOOD LIGHT--GOOD SIGHT

(1:45) Dusk comes early these winter days--we need plenty of good light. It just doesn't pay to work or read in the dark--or half-dark.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests that we check our light bulbs to make sure that they are clean. We know how quickly our furniture gets dirty, and light bulbs have no magic way of shedding dust.

The same good housekeeping applies to lamp chimneys, bowls and shades, Miss Ward reminds us. A thorough washing or cleaning may make a great deal of difference in the amount of light we get from the lamp.

And here's another point to remember: Turn the lights on promptly when it starts to get dark in the room. As you know, it's easy to be working away and not notice that it is getting dark until you realize that you are straining your eyes.

GOOD LIGHT--GOOD SIGHT is a timely slogan and one that pays dividends the year 'round. It is particularly important these wintry days.

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BUDGET FOOD BUYS

(1:15) Fruit news from over the country is good news. Oranges, grapefruit and tangerines from the south are right in season, and prices in most areas are reasonable. Apples are plentiful and are generally better buys by the pound than by the unit--from the price standpoint.

Reports also indicate that prices are down for dried fruits--peaches, figs, raisins and prunes. Honey is lower than it has been since sugar rationing days--from 30 to 40 percent lower.

Root vegetables are at the top of the list so far as supply is concerned, and most of them are "easy-on-the-budget" items. Carrots, parsnips and rutabagas offer plenty in the way of flavor and nutritive value. Usually root vegetables are a few pennies less when sold in bulk than when bunched. However, quality--freshness and crispness--should be checked along with the price.

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STYLE SHOW SPECIAL--FARM AND HOME WEEK

(:45) Women enjoy style shows--at least most women do--and a show has been scheduled for Farm and Home Week. On Thursday afternoon, February 12, Mrs. Louise Huston, of the American Bemberg Corporation will discuss and illustrate the "Spring Fashion Picture."

Mrs. Huston will show garments for mature women, co-eds and teen-age girls and children. Models for the show will be selected locally. In addition to the style show, Mrs. Huston will display fabrics that will headline the spring and summer style picture.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, JANUARY 30, 1948

Time: 4:00

GOOD MANAGEMENT SAVES FOOD PENNIES

(1:45) Managing the family food supply these days is no small job, but good planning--ahead of market time--will help, according to Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Before we plan menus and prepare our market list, Miss Cook suggests that we check the refrigerator and storage cupboards. In this way we will find the foods on hand that should be used and the staple supplies that are running low.

Then comes menu planning, when we will need to keep in mind the foods on hand, local prices, and supplies as advertised. We should check our menus to be sure they are adequate--the Basic Seven Food Guide is a safe measuring stick. Then complete our market needs for the week--or at least for the next several days.

Miss Cook also suggests that we keep an open mind while we do our marketing. Choices and menu plans should be shifted to take advantage of special buys. In order to avoid waste, perishables should be purchased only in amounts to meet family needs. Prices should be noted as we buy in order to have information for record keeping and for future planning.

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RURAL YOUTH START FARM-HOME WEEK PROGRAM

(1:15) Opening session of Farm and Home Week, February 9-13, is in charge of Illinois Rural Youth members. Registration is scheduled for 9 o'clock Monday morning.

The first general session gets under way at 9:30 a.m. with Dr. Oliver Caldwell, Division of International Exchange of Persons, Department of State, Washington, D. C., as the speaker. Dr. Caldwell will discuss "AMERICAN YOUTH AND A UNITED WORLD." The address will be followed by a discussion of the topic, and members from every section of the state will have an opportunity to participate.

The afternoon session will be highlighted with a talk by Professor H. W. Hannah, Agricultural Economics department, University of Illinois College of Agriculture, on "SOME LAWS THAT HELP YOU LOOK TO THE LAND."

The Rural Youth banquet is scheduled for Monday evening at 5:45 o'clock, University Place Christian Church, Champaign.

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MEND AND SAVE

(1:00) Mending is an art--and an art that any woman can master, according to Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. In these days of rising prices, it is an art that comes under the head of THRIFT.

THE USDA bulletin, ABC'S OF MENDING, is an excellent guide whether wearing apparel, household linens or window shades call for repair. The directions given are clear and concise, and in many instances the difficult steps are illustrated by diagrams and sketches.

The publication, ABC'S OF MENDING, is available on request. If you wish a copy, write to the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JANUARY 31, 1948

Time: 4:00

ARMCHAIR GARDENING

(1:30) Zero weather makes gardening fun--that is armchair gardening--around one's own fireside. With seed catalogues, garden guides and last year's record at elbow, a lot of good planning can be done--and ahead of planting time.

The need to conserve food of all kinds is as great as ever. A call has gone out for 20 million gardens. Home-grown vegetables will not only aid in releasing critical foods for overseas shipment, but will also help to keep food budgets in balance here at home.

How much to plant for your family? What kinds of vegetables to plant? If you are pondering these questions--here's a suggestion: Send for a copy of the University of Illinois leaflet, "HOW MUCH TO PLANT STORE AND PRESERVE."

This leaflet gives you a year's fruit and vegetable plan, based on the fruits and vegetables commonly grown in Illinois. The chart suggests the amounts to plant per person, and you can easily determine the amount to plant for your family. It will help you plan your garden so that you can best meet the nutritional needs of your family.

For your copy of "HOW MUCH TO PLANT STORE AND PRESERVE," write to University of Illinois College of Agriculture, Urbana, Illinois.

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DIMES TO FIGHT POLIO

(1:00) Let's keep our dimes marching--just as many as we can spare. The National Foundation for Infantile Paralysis has already spent $32,000,000 to provide care and treatment for polio victims in need. More money is needed to carry on the work.

Half of your contribution stays in your own district to fight polio when it is needed. The other half goes to the National Foundation headquarters for research, education and epidemic aid.

So keep the dimes marching--send your contribution to your local March of Dimes headquarters today.

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FARM-HOME WEEK SESSION

(1:00) "EUROPE AS I SEE IT"-that's the topic for discussion at the general session of Farm and Home Week Tuesday afternoon, February 10. Mrs. Raymond Sayre, president of the Associated Country Women of the World is the speaker.

Mrs. Sayre attended the meeting of the Associated Country Women of the World held in Amsterdam, Netherlands, last September. She discussed conditions and problems with rural women from 23 different countries.

Following the conference Mrs. Sayre visited in France, Switzerland and Great Britain. On Tuesday afternoon, February 10, at the general session she'll report to Farm and Home Week visitors.

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BUDGET FOOD BUYS

(:30) Root vegetables--carrots, onions, parsnips, rutabagas--deserve a place in your market basket. They will add good variety to day-by-day menus, and there are many ways to prepare them. Usually they cost less in bulk than when bunched. Check quality as well as price--they should be crisp and firm and attractive in color.

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1/28/48

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, FEBRUARY 2, 1948

Time: 3:30

LOW TEMPERATURE FOR RAYON

(1:00) Check the iron temperature when you press RAYON, advises Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. The same precaution applies to other synthetic fibers or materials containing them.

An iron that is too hot will damage synthetic fibers--even melt them. The temperature should be kept lowest for acetate rayons. A good way to make sure that the iron isn't too hot is to test it--even when it has a thermostatic control. Try it on the edge of the seam or the underside of the hem. Never place it--untested--on the main part of the garment.

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CALL FOR STUDENT NURSES

(:45) Here's information for high school graduates! Spring classes in hospital nursing schools begin this month and next--February and March--and now is the time to enroll.

Fifty thousand student nurses are needed this year. Illinois' quota is 3,200. Of this number 1,000 are needed for the spring classes. For information write to the Illinois State Nurses' Association, 8 S. Michigan Avenue, Chicago 3, Illinois.

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WASHDAY SAFEGUARD

(:15) If you store your electric washing machine in a cold place, let it warm up a bit before you use it. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests that it should stand in a warm room for two or three hours. Otherwise the oil or grease in the machine may be so stiff that the starting load will be heavy enough to blow a fuse in the circuit.

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WAYS WITH APPLES

(1:30) How many different apple dishes can you name? --ten--twenty--perhaps a hundred? How many of them do you prepare for your family?

Apples are on the plentiful list these days in midwest markets, and they fit into menu plans--all the way from first course through dessert.

If you're on the hunt for an easy-to-prepare dessert that will delight your family, Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you try HONEY APPLE CRISP. It is so simple to prepare that no exact recipe is necessary. Gauge the proportions to the number of servings you'll need, and the sweetness of the dessert to family tastes.

Slice the apples into a casserole or baking dish--do not peel them if the skins are fresh and crisp. Sprinkle each layer of apples with cinnamon or nutmeg--as you prefer--and drizzle with honey. Top the apples with a generous layer of buttered bread crumbs, pour over one half to three fourths of a cup of water and bake in a moderately hot oven--375°F--until the apples are tender and the crumbs are nicely browned--approximately 45 min.--depending on the kind of apples used and the number of servings prepared.

Serve warm, with whole milk or light cream. Or, if you prefer, chill the dessert and serve with a topping of whipped cream.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, FEBRUARY 3, 1948

Time: 3:40

CHICKEN FOR DINNER

(1:15) If chicken is a favorite in your family--and it fits into budget plans--this is the time to serve it. Word from the United States Department of Agriculture indicates that stewing chickens are in good supply the country over. Inquire about them at your local market.

Stewing chickens call for long, low-temperature cooking--in the presence of moisture--in order to be tender and fine flavored. Every good cook book lists recipes that will delight your family--stewed chicken with dumplings, chicken fricassee and chicken pot-pie topped with fluffy homemade biscuits are a few of the favorites.

Select the method of preparation that can be adapted to your time schedule and the equipment at hand. Serve the dish piping hot with a vegetable and a crisp salad or relish, and you'll have a main course fit for a king--or a queen.

BUY FOR JUICE

(:25) Juice oranges are in good supply, and prices are reasonable. The smaller sized oranges are usually more economical--if it's juice you want--than the large ones. Pick heavy, smooth fruit without spots. Remember that russet markings on the skin do not affect either the quality or the flavor of the fruit.

CUSTARD FOR DESSERT

(1:15) When the servings of meat are small, top off the meal with a custard, advises Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. The milk and egg in the dessert will add considerable protein to the day's supply.

Using eggs in a custard or pudding makes them go further too, and this is important when prices are high. For variety in flavor, texture and color, add chopped dried fruit to the custard. Dates, prunes, raisins and apricots are lower in price than they were a year ago, and the supply is good. Chocolate chips or melted chocolate and shredded coconut can also be used.

It is a good plan to steam the fruit slightly before adding adding it to the custard. If your choice is a soft custard, the fruit can be folded into the mixture at the end of the cooking period.

WHEN YOU TRAVEL

(:45) Be sure your electric iron can be used on both alternating and direct current if you plan to tuck it into your traveling bag. Irons with thermostats may not be suited to both types of current, warns Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

Public power lines throughout the country are AC, but some private concerns--hotels, apartments, institutions--have their own generating plants and operate on DC. Thermostats on irons for use on AC may be ruined on DC. "CHECK BEFORE USING" is a good rule to follow if your iron has a thermostatic control.

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, FEBRUARY 4, 1948

Time: 3:45

VITAMIN C FOR HEALTH

(1:00) Grapefruit rate high in vitamin C. They are piled high in local markets and are unusually reasonable in price. Let's tuck a goodly number into our weekly market basket.

For a dessert that is "tops in flavor and mighty easy to prepare, Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests BAKED GRAPEFRUIT.

Cut the grapefruit in halves, remove the seeds and loosen the sections completely. Sprinkle the top with brown sugar, honey or syrup. Put the fruit into a moderate oven--350°F--as the family sits down to dinner. Bake for 20 to 30 minutes and serve lightly browned--right from the oven.

GET-ACQUAINTED TIME

(:20) Farm and Home Week Open House is scheduled for Monday night, February 9, 8 o'clock, Illini Union. Don't miss it! It's the time to greet old friends and to meet new ones. A full evening of entertainment has been planned, and there will be fun for everyone. You are invited.

WHY POLIO?

(:15) No one knows why polio strikes. Scientists work day and night to solve the mystery. Money is needed to carry on. Send your dimes--as many as you can spare--to your local March of Dimes headquarters.

CONSUMER RESISTANCE

(1:15) Consumer resistance to high clothing prices is on the increase, according to a recent report from the Bureau of Human Nutrition and Home Economics. Retail sales for the first 10 months of 1947 were only one percent above those for the same period in 1946, and yet retail clothing prices had increased over 17 percent.

In a nation-wide survey made last summer for the Federal Reserve Board, three out of every five spending units reported that they were buying less clothing than usual. The most common reason given was high clothing prices.

Other--and less frequent--explanations given were "other expenses too high" and "no clothing needed." Only about one in ten spending units reported buying more clothes than usual, and the most frequent reason given was that clothing was badly needed and purchases could no longer be delayed.

KEEP HOMES SAFE

(:45) Heating equipment always works overtime when the thermometer hovers around the zero mark. Let's be sure that pipes and chimneys are in good condition and that the fire does not get out of control.

Make it a rule NEVER TO LEAVE YOUNG CHILDREN ALONE, day or night. Keep matches stored safely--out of the reach of little fingers. Check fires and double-check them before you leave home and before retiring for the night. LET'S KEEP OUR HOMES SAFE.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, FEBRUARY 5, 1948

Time: 2:40

PENNY-WISE FOODS

(1:30) Foods in good supply are usually the penny-savers, according to Miss Grace Armstrong, University of Illinois College of Agriculture. Let's check local markets as we plan family meals.

For the main dish, fresh and frozen fish and stewing chickens will continue to be plentiful this month.

Storage holdings of frozen peas are at record levels, because last season's pack was large and the carry-over from 1946 was heavy. Prices are reasonable and are declining in some areas.

Citrus fruits--oranges and grapefruit, both the pink and white--are abundant in most markets and are unusually reasonable. Apples are piled high in market bins and are usually more reasonable when bought by the pound than by the unit.

Fresh vegetables are cabbage, carrots and celery. Many markets list parsnips, squash and rutabagas.

Honey production has remained at a high level. Prices are about 25 to 30 percent lower than they were six months ago.

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CAMPAIGN EXTENDED

(:10) The March of Dimes campaign has been extended for one week. There is still time to contribute. Send your dimes and dollars to your local March of Dimes headquarters. Help Fight Polio!

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SEW AND SAVE

(:45) Home sewing is on the upswing. Many women are finding that they can save a neat sum by making some of their dresses and suits.

To make professional-looking garments calls for both time and skill. The University of Illinois publication, "Making a Good-Looking Dress--Some Things To Watch," will prove helpful. It pictures the Half and Half Dress--half bad, half good--which gives you pointers on construction from the first to the final stitch. Plackets, bound buttonholes, seams, collar, belt--all are given consideration.

If you need help with your home sewing, send for a copy of "Making a Good-Looking Dress--Some Things To Watch." Address your request to the University of Illinois College of Agriculture, Urbana, Illinois.

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FARM-HOME WEEK

(:15) Farm and Home Week begins Monday, February 9, University of Illinois. Sessions run through Friday morning, February 13. You are invited.

It won't be necessary to arrange for accommodations in advance. Rooms will be assigned at registration time.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, FEBRUARY 6, 1948

Time: 3:25

A STITCH IN TIME

(1:30) Check ready-to-wear garments carefully if you want them to give good service, advises Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. Reinforcing--strengthening some parts in advance--may save hours of mending later.

If seams are stitched loosely or unevenly, restitch them. If the seam edges are trimmed too closely. overcast them--or restitch and then overcast. Armholes can be reinforced by a double row of stitching, and if the fabric is one that will fray easily, it's a good plan to overcast the edges after stitching.

Points which usually call for special attention are the ends of plackets, the upper corners of pockets, and necklines and collars. These may be made stronger by stitching tape underneath.

Loose fastenings--buttons, hooks and eyes, snaps, loops--should be firmly secured before a garment is worn. All ends of threads that might ravel later during laundering or dry cleaning should be fastened.

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SALVAGE WASTE FATS

(:10) Supplies of fats and oils are still short--the need is urgent. Butchers are offering more money per pound for used fats and oils than during the war. Let's save waste fats and oils and help others.

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FIRE DANGER

(:45) Those oily rags you use for cleaning don't look as though they are worth much in dollars and cents, do they? Yet do you realize that those pieces of cloth could cost you a great deal of money--even a great deal of sadness?

Yes, oily rags tossed casually into a closet or cupboard could start a fire by spontaneous combustion--fire that might cost you your home. So the National Safety Council suggests that you play safe--that you burn the oily rags you don't need, and store the ones you use in a covered container.

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FOOD THRIFT

(:30) Save the outer leaves or stalks of cabbage, celery or broccoli, suggests Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Chop them and cook for about five minutes; then use in meat pie or creamed and scalloped dishes.

Make use of the outer parts soon after the vegetables come from the market, while they are fresh and crisp. This plan also makes the remaining part of the vegetables easy to store.

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MARKET WISDOM

(:30) Go to market with an open mind, advises Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Be prepared to shift your choices and rearrange menu plans to take advantage of special buys.

Buy only enough fresh produce to meet family needs. As you shop, keep a record of the prices you pay, and use it as reference for your next marketing trip.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, FEBRUARY 7, 1948

Time: 4:15

CABBAGE FOR BUDGET MEALS

(1:45) Winter cabbage is coming to market in abundance--production in southern states is estimated to be greater than in any other year since 1944.

Fresh, crisp cabbage belongs in our day-by-day meals, according to Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. She suggests that we plan ahead and see how many different ways we can prepare it.

Remove the green outer leaves of the cabbage head for use as steamed or panned cabbage. This should be done soon after the cabbage is home from market and while the leaves are crisp and tender.

The sweet, fresh, inner leaves make any number of cabbage combination salads. If your family is small--numbers two or three--prepare the salads by removing leaves and chopping them, rather than by slicing off the head and leaving the rest to dry and lose its crispness and flavor.

Cabbage is a good salad companion for any number of foods, but it teams particularly well with crisp apples and pineapple. Combine with a mayonnaise or cooked salad dressing, and add a portion of diced or shredded cheese just ahead of serving time.

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FARM AND HOME WEEK MUSICAL

(1:00) One of the highlights of Farm and Home Week is the musical program scheduled for Tuesday evening, February 10 at 8 o'clock, University auditorium.

Featured on the program are members of the University School of Music--King Kellogg, vocalist; Paul Rolland, violinist; Austin J. McDowell, clarinetist; and Mrs. Velma Kitchell Wilson, associate professor of music education, will speak on Music Appreciation.

SLIP COVER PROTECTION

(1:00) Slip covers are attractive and useful and these winter days are good ones for sewing Why not get busy with needle and thread and make the ones you need.

The University of Illinois leaflet HOW TO MAKE SLIP COVERS has information for doing the job--from the selection of the material to the final finishing. Line drawings and sketches show you how to cut and fit your own patterns--even how to make the seams.

Miss Dorothy Iwig, home furnishings specialist, is author of the publication and your copy will be mailed on request. Write to the University of Illinois College of Agriculture, Urbana.

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WE EAT WITH OUR EYES

(:30) Eye appeal is important to appetite appeal--as all good cooks know, and that's particularly true for a vegetable plate.

A good rule to follow is to select vegetables that are colorful and give variety in texture. Here's a suggestion for dinner tonight or tomorrow evening--baked sweet potato, green beans, buttered beets. Add a plate of crisp relishes or a tasty salad, and you will have a delicious main course.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, FEBRUARY 9, 1948

Time: 4:00

PORK-APPLES FOR GOOD FLAVOR

(1:30) It's the fashion to extend the flavor of meat these days--especially in families where budgets are just average. Sausage filled apples offer a nice balance of meat and fruit, and they are mighty attractive to serve.

Sausage, like all pork meat, should be thoroughly cooked, leaving no trace of pink in the meat. To make sure in this case it's a good plan to partly cook the sausage before you stuff it in the apples.

Core the apples--taking care to remove the entire core without waste of fruit. Peel the top of the apple--about one-fourth of the way down so as to keep them whole during baking. Fill each core space with sausage and heap the remaining portion on top of the apple. Bake in a moderately hot oven--375°F.--for about 45 minutes or until the apples and sausage are done.

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BIRTH RATE UP

(:30) The number of births in Illinois during the first nine months of 1947 totaled 143,945. This exceeded the figure for the corresponding period of 1946 by 32,945--an increase of more than 3,500 per month. The final reports for the year 1947 are expected to show the highest birth record in the history of the State. (From Illinois Health Messenger)

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CHECK MILK PRICES

(:45) When evaporated or dried milk are cheaper than fluid milk use them at least part of the time, suggests Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. They can be used to good advantage in soups, sauces and puddings.

Skim milk can be used for part of the whole milk and costs much less. However, if you use skim milk be sure you are getting Vitamin A in green and yellow vegetables, liver and table fats. The Vitamin A is removed from whole milk with the cream.

WATCH YOUR STEP

(:45) A great many accidents happen while the person is walking through a room, up or down stairs, or along the sidewalk, according to National Safety Council records. This means we need to keep our eyes open, our steps cautious and sure and our minds alert.

Fatigue--overtired bodies and minds are responsible for many accidents. It's just good, common sense to take time to rest before we become exhausted. Let's play safe--accidents don't just happen--there is always a cause.

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WINTER FESTIVAL--FARM AND HOME WEEK

(:30) Wednesday night, February 11, is FUN NIGHT for Farm and Home Week visitors. The Winter Festival is scheduled for Huff Gym, and there will be activity and plenty of it, according to E. H. (Duke) Regnier, rural sociology department, University of Illinois College of Agriculture.

The evening will start with 'mixers" to get folks acquainted. Then there will be floor games, folk dances and contests. The festival will close with a "sing"--old familiar songs and new ones. Check the date on your calendar and plan to attend.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, FEBRUARY 10, 1948

Time: 3:15

PLAN YOUR GARDEN NOW

(1:00) The Illinois Garden Guide has been brought up to date and is ready for mailing. It carries basic information which will help you all through the garden season--from the arm chair stage to the harvest of the crop.

Selecting the garden area, seed and recommended varieties, soil treatment, planting time, care, insect control--these topics and many others are covered. Charts list the garden space needed and the amount to plant--for small gardens and large ones.

The call has gone out for 20 million gardens. The ILLINOIS GARDEN GUIDE will help you make your garden one of the best. For your copy write the University of Illinois College of Agriculture, Urbana, Illinois.

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FLAVOR AND FOOD VALUE

(:15) Use molasses often instead of white sugar in cooking, advises Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Children like it, and it's a cheap source of iron.

Molasses add flavor and food value to such foods as baked beans, good old-fashioned gingerbread, puddings and cookies.

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BACK ATTACK

(:45) When sponging out a stain from clothing, work from the underside of the fabric whenever possible, says Miss Florence King, textile specialist, University of Illinois College of Agriculture. If cleaning fluid, water or other liquid is applied to the back of the cloth, it washes off the stain instead of driving it through or into the cloth.

Miss King advises this method for most clothing or household fabrics. However it is not practical for very thick fabric or garments of double fabric--coats with linings, for example, or padded clothing, upholstery or rugs.

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WORLD FOOD IS SHORT

(:45) The world food situation is as critical this year as at any time since the close of the war, according to the United States Department of Agriculture.

World production of bread grains and rice per person in the 1947-48 season is likely to be 13 percent below the average of the years 1934-38.

Let's go easy on cereals in planning our menus. Let's make the best possible use of the perishable foods--those that aren't good travelers--so that there will be more grain to send overseas. Then--let's not waste--that slice of bread or half slice does count.

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STORAGE OF MEAT IMPORTANT

(:30) Storing meat is a mighty important part of saving meat. Prices are high, and there is no place today for food waste. It's a good rule to keep all meat--fresh, cured, smoked or cooked--in the coldest part of the refrigerator, says Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

Ground meat or meat that is diced or chopped will spoil more quickly than the solid pieces of meat. It's wise to serve them as soon as possible after buying.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, FEBRUARY 11, 1948

Time: 3:30

MOBILE X-RAY UNITS

(:45) Illinois State Department of Public Health has placed seven mobile X-ray units in operation throughout the state. These facilities offer free X-rays of the chest to all persons interested in taking advantage of this excellent way of detecting tuberculosis in its early stages, according to Dr. Roland R. Cross, state director of public health.

During 1947, forty eight counties of Illinois received the services of these units. More than 270,000 persons were X-rayed. Reports indicate that about 15 out of every 1,000 persons X-rayed showed some evidence of tuberculosis.

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MARKET THRIFT

(:45) Meat prices are high and careful shopping is important, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Commercial and Utility--or grades B and C--are economical grades of beef. Use variety meats such as beef, pork, or lamb liver or kidneys occasionally. They are bargains in vitamins and minerals. Brains and heart are also good buys in most markets.

Fish may be cheaper than meat and will give you good protein. Inquire about fresh, frozen and canned fish at your local market.

For other main course dishes serve dry beans--navy, kidney, lima or soybeans--dry peas and lentils. They provide good quality protein and are very reasonable in price.

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DRIED FRUIT TIPS

(1:00) Dried fruits are plentiful and are 25 to 30 percent lower in price than a year ago. There are many good uses for them in our family menu plans.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that we use them for tarts, puddings and sauces. For variety and interest in flavor cook two or three fruits together. Prunes and apricots make a delicious sauce. Figs and apricots are good flavor companions.

Dried fruits may be ground together and blended with syrup or honey into a paste. The paste makes fine spread for sandwiches and tasty filling for cookies and cakes. You can vary the flavor with grated orange peel, lemon juice or a few finely chopped nuts.

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CALLING HIGH SCHOOL GRADUATES

(:45) Spring classes in the hospital nursing schools begin this month. Now is the time to enroll. Last year 40,000 girls chose nursing as a career, but many more nurses are now needed. Enrollment must be pushed up to 50,000 during this year--higher thanany other peacetime period.

Illinois' quota for 1948 is 3,200 and 1,000 of this number is needed for the spring classes. For information about enrolling go to your nearest hospital or write to Illinois State Nurses Association, 8 South Michigan Avenue, Chicago 3, Illinois. If you live in the Chicago area telephone CENtral 9708.

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FARM-HOME WEEK FINALS

(:15) Finals in the Music and Drama Festival are scheduled for Thursday evening, February 12, University Auditorium. You are invited.

Counties--winners in the four district contests--will present plays, choral numbers, quartets and trios. Adults as well as youth are participating.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, FEBRUARY 12, 1948

Time: 3:30

FASHION SHOW HIGHLIGHTS SESSION

(1:00) Women, teen-age girls and tiny tots will model in the Fashion Show this afternoon at Farm and Home Week Conference, University of Illinois. Mrs. Louise Huston, American Bemberg Corporation, is directing the show and will present the latest in fabrics and fashions.

More than thirty garments will be modeled, including a bridal gown. Local stores will provide the accessories to be worn with the garments.

In addition to the fashion show, Mrs. Huston will give suggestions for selecting and caring for both textiles and clothing. Special attention will be given to rayon.

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ANOTHER CANCER CLINIC

(:30) A cancer diagnostic clinic has been opened in Quincy, Illinois, according to Dr. Roland R. Cross, state director of public health. This brings to 18 the number of such centers now operating in the state.

The new center is located in the offices of the county health department and is known as the Adams County Diagnostic Clinic. Sessions are scheduled for the first and third Monday of each month, beginning at seven o'clock in the evening.

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FOR BROADCAST THURSDAY, FEBRUARY 12, 1948

WAR ON PANTRY PESTS--SAVE GRAIN

(1:15) Saving grain is a number one job these days. Entomologists of the United States Department of Agriculture estimate that we can save almost fifteen million dollars just by controlling "pantry pests" in home kitchens.

Weevils, beetles and meal moths get into cereals and other dry foods, and the products have to be discarded, resulting in a huge loss of grain.

Spraying storage cupboards with a 5% DDT solution every few months will help to eradicate these pests. Remove all packages of food and spray the interior of the cupboard. A deposit of DDT crystals will remain after the liquid has dried. These crystals will be effective for several months.

Wait until the spray dries before putting the packages back on the shelves. The dry DDT deposit will not harm the food inside the packages.

This spray treatment will be of no value in controlling insects inside packages, because they will not come into contact with the DDT crystals. Insects inside packages call for the "heat treatment."

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HATS OFF TO BOY SCOUTS

(:45) Boy Scouts all over America have just completed a busy week. Since February 6 they have been taking stock of their accomplishments and making plans for the year ahead.

Their theme for the week--which closes today--is "THE SCOUT CITIZEN AT WORK.....IN HIS HOME.....IN HIS COMMUNITY .....IN HIS NATION.....IN HIS WORLD."

One of the big projects written into the Scout program for this year is participation in the Freedom Garden program. As you know, the goal for the United States--urban as well as rural--is 20 million home gardens.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, FEBRUARY 13, 1948

Time: 4:00

AFRICAN VIOLETS ARE TEMPERAMENTAL

(1:45) If you are having trouble with your African violets, check the care you are giving them. They are not too difficult to grow, according to J. R. Culbert, floriculturist, University of Illinois College of Agriculture, but they are temperamental. They need thoughtful care and need it regularly.

Keep the soil moderately moist at all times, and be particular about the temperature of the water you use. It should be approximately room temperature--or even slightly warmer. Use whatever method you wish for watering, but keep the foliage dry--don't get the leaves wet.

Temperature is important too, and a good range is between 60°F and 75°F. Temperatures over 75°F--except in the summer--are likely to discourage the plants from blooming. An east or south window is the best location at this season, and direct sunlight is recommended for a short time in the morning only--not during the rest of the day.

Give attention to the soil if your plants aren't thriving. A good mixture for African violets is three parts garden soil, one part leaf mold or peat, one part well-rotted manure and one part sand. When you pot the plant, don't bury it in the soil. Pot it so that the base of the crown of leaves is well above the soil level.

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FOR BROADCAST FRIDAY, FEBRUARY 13, 1948

FISH FOR MAIN COURSE

(1:00) Scalloped fish is a tasty dish for dinner this evening, and one that you can send to the table in the casserole for easy, last-minute serving.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that any kind of cooked or canned fish may be used. Every good cook book gives recipes for preparing the dish, and the seasoning can be varied to suit family tastes.

Complete the main course with baked potatoes, a vegetable, such as peas or green beans, and a crisp salad or relish. Top off the meal with baked grapefruit halves or canned or frozen peaches, and you'll have no complaints from your family.

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SAVE IN HOME KITCHENS

(1:15) There are many things we can do to lend a hand in the food conservation program but one very good way is to go easy on flour in day-by-day menu plans.

One practical thing we can do is to serve open-face sandwiches--use one slice of bread instead of two. Or we can serve meat and vegetable pies topped with fluffy mashed potatoes baked to a golden brown--instead of the usual pastry crust.

When we plan desserts, we can keep fruits in mind--fresh, canned, frozen--instead of cakes and pastries. We can bake pie fillings--lemon, cocoanut cream, and custard--in individual molds and omit the crust--top and bottom.

It is true that the flour saved by simple, everyday tricks is small, when only one family is considered. However, multiplied by families the country over, it does mean a very worth-while saving in flour--flour that can travel to the east and the west to feed starving men, women and children.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, FEBRUARY 14, 1948

Time: 3:45

HOME BUREAU FEDERATION ELECTS

(1:30) Miss Myra Robinson, Edgar county, is the new president of the Illinois Home Bureau Federation. She was elected to serve for a two-year term at the annual meeting held February 10 at the University of Illinois.

Miss Robinson is a graduate of the University of Illinois and has been active in home bureau work since becoming a member. She has held state as well as county offices.

Other state officers elected at the annual meeting were Mrs. Cecil Smittkamp, Edgar county, secretary; Mrs. A. W. Diekey, DeWitt county, director of the east-central district; Mrs. F. J. Warneike, Clinton county, director of the southwest district; and Mrs. Adam McWilliams, Stark county, director of the northwest district.

FOOD TIP

(:15) Here's a thrifty trick with celery leaves--when you are preparing celery stalks or curls for dinner save the leaves and use them in a tossed salad or cream of celery soup. Or dry them quickly in a warm place, crumble and save for seasoning stews, soups, meat loaf or stuffing.

FOR BROADCAST SATURDAY, FEBRUARY 14, 1948

PENNY SAVING DISH

(1:45) Meat is probably the most important item for concern these days when it comes to family meals. Prices are still high--in fact a bit too high for "just average" budgets.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that Savory Brown Stew is a dish that deserves consideration. It uses the less tender cuts--those that call for long, slow cooking and are likely to be lowest in price.

Use your favorite meat--beef, veal, lamb--whichever is the best buy right now in your own community. If your choice is beef or veal, ask for neck, plate, brisket, flank or shank. If you prefer lamb, ask for lamb shoulder, neck, flank or shank. These cuts are especially suitable for stew if they come from underfinished or commercial grade meat.

Every good cookbook lists recipes for Meat Stew--more than likely you have a favorite recipe of your own. For extra flavor, season the cubed meat, sprinkle it lightly with flour and brown it in a small amount of fat before you add the liquid.

VEGETABLES FOR YOUR SCHOOL LUNCH

(:15) As you do your armchair gardening these winter days, keep your school lunch program in mind. A school garden, or some rows of vegetables in your family garden set aside for the school lunch, can help to cut costs.

Such vegetables as carrots, tomatoes and lettuce can be used fresh. Others can be preserved at the school or community canning center.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, FEBRUARY 16, 1948

Time: 3:45

CHEESE FOR LENTEN MEALS

(1:15) You'll be serving a cheese dish as the main course for many a meal during the Lenten season. Cheese Fondue, Welsh Rarebit, Cheese Souffle, Cheese Omelet--all are quick to make and mighty satisfying.

"Keep your eye on the temperature when you cook cheese," says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. Low temperatures are always best--whether for cheese dishes that are to be baked or broiled, for cheese sauce or toasted sandwiches. It's a safe trick, too, to make cheese sauces in the top of a double boiler or chafing dish.

Cheese is cooked as soon as it is melted. Avoid over-cooking--when a high temperature is used, cheese tends to become stringy.

FASHIONS IN SALADS

(:30) Orange and cabbage salad is right in style these days. Oranges are still on the plentiful list, and green cabbage is coming to market. Production of cabbage in southern states is estimated to be larger than in any other year since 1944.

It's good sense to take advantage of plentiful food supplies, particularly when they have as much to recommend them from the nutritive standpoint as cabbage and oranges. Check prices and supplies at your local market.

FOR BROADCAST MONDAY, FEBRUARY 16, 1948

CHOCOLATE AND COCOA FOR FLAVOR

(1:30) Chocolate and cocoa are favorites--particularly when cakes and cookies are concerned. As you know, both are made from the cocoa bean, but the two differ in the amount of fat they contain.

Breakfast cocoa is required by law to have 22 percent fat. The amount of fat in chocolate varies, but the average is about 50 percent. This is the reason we say that chocolate usually makes a richer tasting product.

Miss Jean Chase, home economics, University of Illinois College of Agriculture, suggests using chocolate in baked products. First of all, temperature is important when it comes to the cooking. A low temperature is required for good flavor--chocolate scorches easily.

If you wish your chocolate cake or cookies to have a rich mahogany color, use a recipe that calls for soda. On the other hand, if your family prefers a product with the real chocolate flavor, select a recipe without soda. However, if you allow the chocolate cake batter to stand 10 to 15 minutes before baking, it will have a richer mahogany color.

BAKED FOODS--FROZEN

(:30) As you use fruits and vegetables from your deep-freeze unit or locker, why not fill the space with baked foods? Butter cakes, angel-food and sponge cakes, yeast rolls, apple pies--all can be frozen successfully.

The University of Illinois circular, FREEZING COOKED AND PREPARED FOODS, gives explicit directions for preparing the foods--all the way from the first steps in packaging to storing and serving. Copies are available on request. Write the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, FEBRUARY 17, 1948

Time: 2:30

NEW LIFE FOR WINTER WARDROBE

(1:00) Along about this time of year winter wardrobes seem a bit on the tired side--colorless and uninteresting. We long for a crisp frock, a new suit or a gay bonnet.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, suggests that we can pep up winter clothes easily, and at little cost. A new scarf; a fresh, colorful blouse, a new collar, belt or costume jewelry will work miracles.

There's nothing like the old rule--"air, brush and press"--to make winter garments look fresh and new. Mending is a good idea always. Loose or missing buttons and rips or tears will make any costume look shabby before its time.

Good care applied regularly is truly a first aid to any wardrobe.

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BROADCAST TUESDAY, FEBRUARY 17, 1948

EYE APPEAL

(1:00) "Eat your vegetable--it's good for you." No doubt you've heard this advice many times--perhaps you've been guilty of giving it.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that crisp, colorful salads are a tempting way to invite the family to eat more of the fresh vegetables so necessary to good nutrition.

Whether it's a tossed salad or one of a more elaborate variety, salads have a way of adding color, freshness and appetite appeal.

Miss Cook says there are no set rules for making salad. You can use an almost endless variety of tasty vegetables.

The main thing is to serve them cool, crisp and fresh--after a quick trip from refrigerator to table.

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BAKED STUFFED APPLES

(:30) Apples belong on our list of plentiful foods. Baked stuffed ones with plenty of juice are always a treat.

You don't have to stick to raisins either, when it comes to the stuffing. Other dried fruits--figs, dates, prunes --are inexpensive and offer plenty of variety.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, FEBRUARY 18, 1948

Time: 1:50

GOOD COOKING IS THRIFTY

(:50) Prices of all meats are high, and proper cooking is important.

Mrs. Royene Owen, home economist, University of Illinois College of Agriculture, recommends low temperatures for roasting. Less juice will be lost and there will be less shrinkage.

A moderate oven temperature--300° to 350° F.--not only produces the best flavor, but gives a more evenly done, palatable and juicy roast. Even though the drippings may be used for gravy, it is better to roast at lower oven temperature and have a plump, full-flavored product.

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HOW DO YOU SHOP?

(1:00) Style comes first--when we Americans shop for clothes. When we buy items for our homes--curtains, for example --durability is the important consideration.

Recently the U.S.D.A. made a nation-wide survey. More than 17 hundred women were selected and interviewed. They represented all women in the United States between the ages of 18 and 65, and homemakers of any age.

Some interesting facts were disclosed about stockings in the survey. For instance, one million women in the United States wear bobby sox or no stockings at all. Women who wear stockings prefer nylons.

The most important thing about stockings, so far as American women are concerned, is the fit. Material, color and how they look also are important. Only one-fourth of the women mentioned durability.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, FEBRUARY 19, 1948

Time: 8:45

SAVE FUEL-SAVE MONEY

(1:15) The demand for heating fuels is greater than ever before--the supply for home use is very short. There are a number of things we as householders can do to stretch the supply --things that will save money as well as fuel.

Excess heat should not be produced at any time--day or night. Temperatures from 75 to 80 degrees are wasteful and do not promote good health. Doctors recommend 70 degrees, often 68 degrees for daytime comfort. By lowering the thermostat at night, it is estimated that we can cut the fuel used from 7 to 10 percent for the eight-hour period.

However, attention should be given to the humidity. Lower temperatures can be maintained comfortably with moist air. It is easy to improvise a humidifier. A water pan or container attached to the radiator will do the trick.

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NATIONAL HOME DEMONSTRATION WEEK

(:30) May 2-8 has been set as National Home Demonstration Week. Three and one half million rural women--all over the United States--will take part.

The theme for the week--TODAY'S HOME BUILDS TOMORROW'S WORLD. Tomorrow's home will depend not only on the homes of our own country, but on those of other countries as well.

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BROADCAST THURSDAY, FEBRUARY 19, 1948

ENROLL FOR SAFETY

(1:00) ILLINOIS SAFE HOMES PROGRAM for 1948 is under way. Sixty-one counties have enrolled to date, and others are organizing for the work.

The Safe Homes Program is sponsored by the University of Illinois in cooperation with the Illinois Home Bureau Federation and the National Safety Council.

The purpose is to determine the causes of home accidents and to prevent them. ANY FAMILY IN ILLINOIS IS ELIGIBLE TO ENROLL. County home and farm advisers have information about enrollment.

This year--1948--marks the sixth year of the Illinois Safe Homes Program. In 1947 more than 10,000 families from 50 different counties were enrolled.

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LOOK FOR HEART

(1:00) Heart--beef and veal--deserve top billing for family meals. These variety meats are usually near the bottom of the meat price list, and they are good buys, besides, because of their nutritive value and good flavor.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says the best way to cook beef or veal heart is to braise it. Dredge with seasoned flour, brown in hot fat, add a small amount of water, cover closely and bake in a moderate oven (350°F)until tender (about two hours). A beef heart may require as long as 3 1/2 to four hours, depending on the size of the heart.

If preferred, braising can be done on top of the stove rather than in the oven. A tightly covered utensil must be used, and the cooking must be done at low temperature.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, FEBRUARY 20, 1948

Time: 4:00

GARDENS FOR HEALTH

(2:00) Crisp, fresh vegetables from the home garden mean better meals for the family. They mean a saving of food pennies, too, and a saving of time and energy when it comes to the marketing. These cold, blustery days are good ones for planning--for deciding what to plant and how much to plant.

It is true--for the country as a whole--that we are eating more and better food than ever before. However, "hidden hunger" is still present. In some instances it results from too little money for food. In others it is lack of knowledge of the importance of eating well. In still others it is lack of information of what is needed for a well-balanced diet.

Whatever the cause, "hidden hunger" means lack of vigor and mental alertness. It means lower health standards and less fun out of life.

Families that take up gardening develop a taste for more vegetables and fruits. Fresh from the garden and orchard, these products are at their peak in nutritive value and flavor. They add interest to meals and are good extenders of meats and other animal proteins. This year, when we are asked to eat less wheat products and less meat, home gardens can help to keep family meals healthful and satisfying.

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BROADCAST FRIDAY, FEBRUARY 20, 1948

STEAK--TENDER AND JUICY

(:30) Keep your eye on the thermostat when you broil steak--if you want it to come to the table tender and fine in flavor.

Mrs. Royene Owen, home economist, University of Illinois College of Agriculture, says that best flavor and texture are produced when a temperature of 350° F. is used during most or all of the cooking period. If you wish the steak to be crisp and brown on the outside, sear it for a very few minutes and then reduce the temperature to 350°F. for the rest of the cooking period.

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RUG INFORMATION

(1:30) Rug-making is the style in many communities these winter days. Perhaps it is because more women are going in for hobbies, and making rugs can prove to be a thrifty as well as a pleasant hobby.

One advantage to rug-making is that it gives the homemaker a chance to use up old materials--wool garments, blankets and other household articles. It matters little how worn or torn the original article may be, it can be ripped, washed, dyed if necessary, and made ready for rug work.

"MAKING HANDMADE RUGS," by Dorothy Iwig, home furnishing specialist, University of Illinois College of Agriculture, gives directions for making eight different kinds of rugs. Only simple equipment is needed, and the step-by-step procedure is listed--from the preparation of the material to the final finishing. Illustrations make the directions easy to follow.

For your copy of "Making Handmade Rugs," write to the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, FEBRUARY 21, 1948

Time: 3:30

CABBAGE--COOK IT FOR FLAVOR

(1:15) Cabbage--green and tender--is coming to market in quantity, and it's a good buy for even "just-average" budgets.

Mrs. Barbara Wheeler, home economist, University of Illinois College of Agriculture, suggests that "panning" is an excellent method to use in preparing tender young cabbage. Not only does it preserve much of the fresh flavor and texture, but it is quick and easy to do.

For each half pound of cabbage to be prepared, melt about two teaspoons of butter, margarine or bacon fat in a saucepan that can be covered tightly. Add the cabbage--sliced or shredded--season with salt, and cover.

Keep the heat turned low, and turn the vegetable carefully once or twice during cooking. The steam from the vegetable is held in the tightly covered pan, and the cooked product will be delightfully moist.

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MANAGE YOUR MONEY

(:15) Money management is a plan for getting what you want out of life by making the best use of the dollars you have. Miss Wilma Sebens, home accounts specialist, University of Illinois College of Agriculture, says the way to do it is to make a plan for managing your money instead of letting your money manage you.

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FOR BROADCAST SATURDAY, FEBRUARY 21, 1948

BLANKET WISDOM

(2:00) Stores are listing sales of wool blankets, and homemakers are restocking. Information on selection is important in order to get good quality for the money paid.

Miss Florence King, textile specialist, University of Illinois College of Agriculture, reminds us that the label the blanket carries is of first importance. We should read it carefully, noting size of the blanket, fiber content and weight, and then check the information against family needs.

Weave and nap are very important in a wool blanket. One simple test that can be made right at the counter is to hold the blanket up to the light. If it is well-made, the weave will be close and even. Thick and thin spots in the nap are an indication of weakness, and the blanket will probably not be a good buy at any price.

Test the nap by pulling it gently with your thumb and fingers. It should not pull out, even though you lift part of the blanket. Thickness of nap is important, too, for it gives warmth as well as weight.

Squeeze the blanket in your hands. It should be resilient and spring back into shape. If it's limp and lifeless, don't buy it.

Wool blankets of poor quality are not a good buy. A part wool blanket--at a lower price--might be preferable. However, it is important to remember that a blanket with less than 25 percent wool gives little more warmth than a less expensive all-cotton one.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, FEBRUARY 23, 1948

Time: 4:00

HOSIERY SHORT--DON'T HOARD

(1:00) There is indication of a shortage of women's nylon hosiery. It can be prevented if women will buy intelligently--only what they need--and not hoard, according to the National Association of Hosiery Manufacturers.

Nylons of heavier guage are in good supply, but there is a shortage of very sheer ones. Facilities for making the gossamer-like nylons are extremely limited--usually to about 30 percent of plant capacity. Then, too--because of the delicacy of these yarns--imperfections often run as high as 40 percent.

During last year--1947--hosiery mills produced 444 million pairs of nylons, an increase of 96 million pairs over 1946 production.

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BRITAIN--WEEKLY BACON RATION

(:45) At present Britons are enjoying two full ounces of bacon a week instead of the allotment of one ounce per person established last fall. The extra ration went into effect early in January with the cautious statement that it was "for the time being."

This extra ration is the chief bright spot in the British food situation today. During the last few months of 1947, allotments of meat, sugar and candy were all cut. Potatoes and oats and barley products have been on the ration list for some time.

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FOR BROADCAST MONDAY, FEBRUARY 23, 1948

CALL FOR 4-H CLUB LEADERS

(1:15) March 1 to 7 is National 4-H Club Week. North, south, east and west--the country over--recruitment will be under way. The membership goal for Illinois is 55,000 4-H boys and girls.

New members mean that new clubs must be organized. However, before a group can organize, it must have an adult leader. If you will lend a hand--if you are willing to lead or to help lead a club--don't wait to be invited. Get in touch with your county farm or home adviser or with your youth assistant. These people have information on organization work and will help you get your club program started.

Leading a 4-H Club is volunteer work, and more leaders are needed in order to take care of all of the boys and girls who want to "join up." Please help the young people in your community by leading a club or by helping them secure a leader. The first requirement for leadership is a genuine interest in boys and girls and their development.

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LIVER RATES HIGH--SERVE IT OFTEN

(1:00) Liver gets a high rating nutritionally because of its quality protein and its generous amount of vitamin B_2, or riboflavin. If you are budget-minded, don't overlook beef and pork liver. They are just as nutritious as calf's liver and far less costly.

Good cooks have several handy ways of handling beef and pork liver to make it tender and fine in flavor. Because the flavor is somewhat pronounced, they let it stand in hot water for about 10 minutes before grinding and cooking.

Any recipe using ground liver is a good way to assure tenderness. Liver croquettes, liver loaf or patties and liver pancakes are all fine-tasting and attractive to serve. Your favorite cookbook will give you directions for the preparation.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, FEBRUARY 24, 1948

FATS ARE SHORT--LET'S SALVAGE THEM

(1:15) What happens to the waste fat that collects in your kitchen? If you send it to the garbage can--or down the sink drain--you are sending pennies right along with it. Your meat dealer will pay you--and pay you well--for every pound of used cooking fat you turn in.

There is a critical world shortage in fat and oil production. The world supply is estimated at about seven billion pounds--six billion pounds less than before the war. Salvage of every available drop of used kitchen fats is important.

Some women think of saving used kitchen fat only when they have lots of it--when they fry bacon, for example. But all meats have some fat, and bones and table scraps will yield a surprising amount when they are heated.

Let's save and turn in every possible ounce of used kitchen fats and help ease the world shortage. It's good kitchen economy.

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TUBERCULOSIS TOLL

(:10) Few people realize that during the period of World War II tuberculosis took the lives of two Americans for every three killed in combat.--National Tuberculosis Association.

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FOR BROADCAST TUESDAY, FEBRUARY 24, 1948

HONEY FOR FLAVOR--AND ECONOMY

(2:00) A jar or two of honey tucked into your market basket will save food pennies. Wholesale prices of the bottled honey are about 40 percent lower than a year ago, and this reduction is being reflected at your grocer's.

Honey is a fine sweetener for a great variety of foods. It is quick to use and it is easy to substitute for sugar in many recipes. It has the same sweetening power as sugar--measure for measure.

The flavor of honey depends on the source of the nectar and on the care and treatment given the honey. Most of the Illinois honey is light in color and mild in flavor, as it is gathered mainly from clovers.

To retain its flavor and aroma, honey should be kept in a tightly covered container. It should be stored in a dry place at about 70°F., in order to prevent discoloration and to retard crystallization. Honey should not be stored in the refrigerator.

If you want rules and recipes for using honey, send for the University of Illinois circular "HOW TO USE HONEY." In addition to giving information on different kinds of honey and the care of honey, it lists recipes for breads, cakes, cookies, candies and desserts. It also explains how to use honey in preparing meats and vegetables, salads and salad dressings and sauces and relishes.

For your copy of "HOW TO USE HONEY," write the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, FEBRUARY 25, 1948

BUYING TO SAVE

(1:15) Food saving starts with the spending of the food dollar. So Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that we figure our family's exact needs in all perishable products before we buy.

One slice of bread molds, one carrot shrivels--it seems a small loss, doesn't it? But, on the other hand, when we multiply that loss by more than thirty million homes, it's worth thinking about. Thirty million slices of bread, thirty million fresh, crisp carrots can help feed many families, and at the same time keep food budgets on a more even keel.

"Fight Food Waste in the Home" was a slogan we were asked to keep in mind during the war. It is equally important in these days when prices are high here at home and families are starving overseas.

Let's do our very best to stop every small loss of good food. Let's remember, too, that even small amounts do count.

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CAREFUL PLANNING MAKES FOR GOOD EATING

(:15) When meals are poor, they are usually shortest in the "protective" foods--milk, fruit, vegetables and eggs. These are the foods that are richest in vitamins and minerals. If you must stint--stint last on these.

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FOR BROADCAST WEDNESDAY, FEBRUARY 25, 1948

MORE 4-H CLUBS FOR ILLINOIS BOYS AND GIRLS

(1:30) Four-H Clubs belong to boys and girls between the ages of ten and twenty who want to learn about farming and homemaking. But 4-H is more than that--very much more.

Four-H Clubs teach young people teamwork--to work together and to play together. They help to develop leadership--so sorely needed today.

There are today about 45,000 4-H members in Illinois. At the same time there are about 200,000 other boys and girls who could be benefited by 4-H work. During National Club Week--March 1-7--Illinois members and leaders will campaign to increase their membership. Will you help them?

Before a group of boys and girls can form a club, they must have an adult leader. If you are willing to lead, or to help lead a club, get in touch with your county home or farm adviser or your youth assistant. They stand ready to help you organize your club group and start their program work.

Leading a 4-H club is volunteer work. Don't wait to be invited. The boys and girls in your community need leaders.

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NYLON STANDARDS TO BE SET

(:45) The National Association of Hosiery Manufacturers has asked that standards be set for nylon hosiery. Although there has been a need for such standards for several years, action has had to be deferred. The newness of nylon in the hosiery field, limited consumer reaction and industry's choice of yarns has made it difficult to work for standardization.

Now the work is getting under way, and the American Standards Association is organizing a committee of manufacturers, distributors and consumers. This committee will work out requirements to satisfy both industry and the consumer.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, FEBRUARY 26, 1948

HOME ACCIDENT DEATHS UP

(1:00) Home accident deaths increased by 3 percent in 1947 over the number in 1946. The increase for the ten-year period--1938 to 1948--was 8 percent. This word comes from the National Safety Council.

The total number of deaths in homes last year--according to preliminary estimates, amounted to 33,500. In addition, disabling accidents totaled five million, 130,000 of them resulting in permanent disability.

How much did these accidents cost in dollars and cents? The cost to the American people is estimated at SEVEN HUNDRED MILLION DOLLARS.

Accidents don't just happen--there is always a cause. How safe is your home? Have you checked for hazards recently?

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GO LIGHT ON SWEETS

(:30) Use sweets in moderation to make meals palatable, but don't use enough to spoil the appetite for other foods. Count very sweet desserts, molasses, sirups, honey, jellies, jams, sugars and candies as sweets.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that we should have as much variety as we can in our meals each day. When we fail to eat a well-balanced diet, we are apt to be short on the foods that carry valuable vitamins.

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TIME TO DEFROST

(1:00) Don't neglect your refrigerator just because the weather is cold. It won't give you good service unless you give it good care.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that refrigerators need to be defrosted in winter just as in summer. As the frost on the coils thickens, the motor has to work harder to maintain temperature.

The frost on the coils should never be allowed to become more then about one-fourth inch thick--summer or winter. Defrost the refrigerator regularly, and don't overload or overcrowd it. Store foods in an orderly manner, and plan meal preparation so that the refrigerator will be opened only a minimum number of times. Check the gasket around the door to make sure the seal is tight--perfect--when the refrigerator is closed.

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PRESIDENT TRUMAN ISSUES NATIONAL 4-H MESSAGE

(1:00) President Truman has issued a special message to America's 1,700,000 4-H Club girls and boys, officially setting the stage for observance of National 4-H Club Week, March 1 to 7.

"You are to be congratulated on the theme chosen for this year's National 4-H Club Week, 'Creating Better Homes Today for a More Responsible Citizenship Tomorrow.' It is a message that is deep-rooted in the American way of life," asserted the President.

"In the family circle we learn by daily experience that liberty carries with it some essential obligations that each of us must respect if we are to insure harmonious family living. In a highly scientific age like ours, this concept is one that should extend beyond the family into the larger community and the human society of which all of us are a part. I hope you will succeed in your goal of reaching every rural boy and girl with your message," President Truman stated.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, FEBRUARY 27, 1948

BE PENNY-WISE--SERVE FISH

(1:00) Fish is on the "abundant" list. Fresh, frozen, and canned--it may be used to add variety to meals--and at budget prices. It is a good source of protein, and there is no reason why we shouldn't serve it several times each week.

Some fish, such as flounder, haddock and halibut, are low in fat. They are well suited for steaming, poaching and making chowders. If baked, they should be brushed with fat and basted occasionally during the cooking period to prevent dryness.

Fish high in fat, such as mackeral, salmon and shad, are more suitable for baking or broiling than for steaming or poaching. Either fat or lean fish may be fried.

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ALL THE VITAMINS

(:15) When you eat a large variety of nourishing foods, you get all the known vitamins. In addition--and this is important too--you may be getting some unknown vitamins. You may be getting vitamins that have not yet been discovered but that work for you just the same.--Bureau of Human Nutrition and Home Economics, U.S.D.A.

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MAKING THE OLD INTO THE NEW

(1:15) Sewing machines are humming these days. Home sewers are making new garments and restyling old ones in order to keep within the family budget.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, reminds us that even faded materials should not be discarded. Often they can be redyed and made into attractive garments that will give good service.

If you need directions for dyeing materials, send for Miss Gray's leaflet, "DYEING USED FABRICS." It lists the equipment you'll need to do the work, gives information on selecting the right dye for the fiber and tells you how to prepare both the dye and the material.

Miss Gray has included a guide showing the colors that can be dyed with others, and those that cannot be dyed with certain others. She explains how to dye over other colors, how to tint and how to dye fabrics fast color.

For your copy of "DYEING USED FABRICS," write the University of Illinois College of Agriculture, Urbana, Illinois.

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WAFFLE TROUBLES

(:30) Why do waffles stick? Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that usually the temperature of the iron is not right for the baking. If the iron is too hot or too cold, the batter may stick to it.

If the iron does not have a temperature indicator, test the heat by placing a drop of water on it. If the drop boils rapidly, the iron is hot enough for the batter. If the drop boils so hard that it goes off at once as steam, the iron is too hot.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, FEBRUARY 28, 1948

4-H CLUB MEMBERS TO GO ABROAD

(1:00) This year National 4-H Club Week--March 1 to 7--takes on new meaning. Club members are expanding their thinking across our borders--across the seas to distant lands.

This year 4-H Clubs are launching a program to exchange visits with farm youth of other countries. Girls and boys from other nations will be invited to visit America--to live on 4-H farms--attend 4-H meetings--and learn about agriculture and homemaking in our country.

In turn, our 4-H Club members will go abroad to visit rural young people. They'll live in their communities--take part in their activities--and learn about their agriculture and home life.

Certainly this is a program that will help to bring about a better understanding among the countries of the world. It's an important assignment, and we're confident that 4-H Club members can do the job.

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GET YOUR VITAMINS IN FOOD

(:15) You need vitamins. Everyone does--young and old. You need them for building a healthy body and for keeping fit and strong. You can't taste vitamins in food or smell them. They are important, though, and the greatest vitamin assembly line on earth is a farm, for vitamins come to you from plants, animals and sunshine. GET YOURS FROM FOOD.

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FOR BROADCAST SATURDAY, FEBRUARY 28, 1948

DRIED FRUITS--GOOD BUYS

(1:00) In these days of high food prices, it's good to find a product that is cheaper than it was a year ago. Dried fruits have declined in price--partly because crops have been better than average--partly because shipments abroad have decreased.

Prices of dried prunes and peaches are about one-third less than they were a year ago in wholesale markets. Prices of raisins have fallen even more--about 50 percent. The decrease in wholesale prices is reflected at local grocery counters.

In buying prunes, remember that the small ones are cheaper than the large ones. They are just as good for puddings, whips and cereals. Grocers describe them by listing number per pound. Fairly large ones are 20-30s; medium, 50-60s; small, 80-90s or even 100-110s.

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CLEAN UP FOR SAFETY

(:30) DO YOU KNOW that good housekeeping is the key to fire safety? A good housekeeper not only keeps dirt and rubbish to a minimum but, through a regular check-up, keeps a sharp eye out for any fire threat.

Rubbish may not be a cause of fire in itself, but it supplies the fuel for a carelessly discarded match, cigarette or stray spark.

We Americans probably keep more rubbish than any other country in the world. WE ALSO HAVE THE WORST FIRE RATE.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, MARCH 1, 1948

TIPS--BUYING VACUUM CLEANERS

(1:15) Vacuum cleaners are coming to market in better supply. Old friends we knew before the war are returning, and new types are making their bow. CAREFUL SELECTION IS EXTREMELY IMPORTANT.

If you have a vacuum cleaner on your "to buy" list, a copy of the University of Illinois leaflet, "CONSUMER INFORMATION ON VACUUM CLEANERS," will help you in making your selection.

Miss Gladys Ward, home management specialist, is the author, and she lists four types of information for consumers in the selection, use and care of vacuum cleaners. This includes general information important to look for in all types of cleaners, and information for consumers to consider in meeting individual family needs for cleaning work.

Miss Ward discusses three types of vacuum cleaners--the upright with a motor-driven brush, upright with a motor-driven brush and agitator device, and suction only, with no rotating part in the nozzle--in tank and upright types.

For a copy of the leaflet,"CONSUMER INFORMATION ON VACUUM CLEANERS," write the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST MONDAY, MARCH 1, 1948

THIS WEEK--NATIONAL 4-H CLUB WEEK

(1:30) Speaking of signs of spring, this week, March 1 to 7, is 4-H Club Week, from one end of our country to the other. Whether March comes in like a lamb or a lion where you are, the young farm folks of the 4-H Clubs will promptly unfold their plans for the growing season ahead.

Club leaders who have had a preview of some of the budding projects of individual members say the girls and boys evidently intend to beat even last year's remarkable record. Their heads are laying out plenty for their hands to do. And while most of the projects center around the local farm and home, the young people will make substantial contributions to the world's food supply.

This year, as they did in 1947, 4-H Club members will enroll in agricultural and home economics projects--field crops, live stock, farm management, gardening, clothing, food preparation, canning, forestry and many other projects.

Nor will these spring plans wilt in the summer's sun or with the first good fishing day. The record of the past seven years indicates that three out of every four projects started will be completed.

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CABBAGE PLENTIFUL--LET'S SERVE IT

(:15) Production of winter cabbage in Texas and Florida is estimated to be larger than in any other year since 1944. This year's crop is expected to be 16 percent larger than in 1947. Shipments of considerable volume are coming from California. Quality is good, and prices are reasonable. Let's turn this vitamin-rich vegetable to good account in our day-by-day meals.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, MARCH 2, 1948

LADDER SAFETY

(1:30) Spring is in the air these March days. Very soon now you'll be busy with housecleaning, and you'll want to do the job efficiently and safely.

National Safety Council sends along some tips on "LADDER SAFETY" that are worth considering. First of all, use a ladder that is sturdy--it should be strong enough to resist twice the strain of the heaviest load you'll place upon it.

Be sure the ladder is tall enough to permit you to stand at least two steps from the top. You know how easy it is to lose your balance when you perch on the top step or rung.

Set the ladder so that the object you are working on can be reached easily from the center of the ladder. Then, as your work progresses, take time to move the ladder over when necessary--instead of leaning far to one side to reach it.

Remember, too, that there is a SAFE way to go up and down a ladder. Face the ladder going up and down, and hold on with both hands. If you have tools and equipment that you can't tuck into your pocket, arrange to hoist them with a hand line, or have them handed to you when you are in position on the ladder.

Let's take time to work safely. ACCIDENTS DON'T JUST HAPPEN--THERE IS ALWAYS A CAUSE.

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FOR BROADCAST TUESDAY, MARCH 2, 1948

DIP FOR TIPS

(:15) Here's a quick trick for shoe-lace troubles. When they lose their tips--as they often do in children's shoes, twist the ends, dip them in clear nail polish and let them dry.

Clothing specialists of the USDA say this speedy method of making new tips is excellent. They also recommend it for making a stiff tip on the cord or heavy thread you use for stringing beads.

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4-H CLUB MEMBERS ON THEIR TOES

(:45) Here's a report that just proves what we've been saying for a long time--you can't hold 4-H Club members down when it comes to earning money.

In Woodford County one 4-H Club has obtained permission to use idle land owned by a railroad company. Members are going to turn it into a garden spot and sell the vegetables.

Yes--you've guessed it--the proceeds from the sales are to go to the 4-H Camp Training program.

As you probably know, counties throughout the state have set their quota--the amount of money they will contribute to the program. The Woodford County club will add the proceeds from their vegetable sales to their county's quota.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, MARCH 3, 1948

HERBS FOR FLAVOR--YOU CAN GROW THEM

(1:00) Twenty million gardens! That's our goal for this year. Why not grow some of the flavor and spice along with the vegetables?

Herbs are not hard to raise. They require little in the way of fancy soils. Once you start your garden, you'll find yourself collecting--bit by bit--the rich lore of these old-fashioned plants. Soon you'll have a hobby on your hands--and one you'll prize.

"CULINARY HERBS FOR THE HOME GARDENS," by Lee A. Somers, University of Illinois College of Agriculture, will give you the information you'll need to start your garden. It includes information on propagation, soil and other growing requirements, and harvesting.

More than a dozen old-fashioned herbs are listed--thyme, dill, sweet marjoram, mints, caraway--from which to make your selection. Each one is discussed from the standpoint of appearance, cultivation and use.

For your copy of "CULINARY HERBS FOR THE HOME GARDEN," write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST WEDNESDAY, MARCH 3, 1948

GOAL IS 55,000--WILL YOU HELP?

(1:15) There are boys and girls in every community in Illinois who want to become 4-H Club members. They can't organize their club without a leader. Here's an opportunity for service that pays good dividends.

If you are willing to lead a club, or to help lead a club, get in touch with your county home or farm adviser. Either one will tell you about the work of 4-H Club leaders and will help you organize your club and start the program work.

If you doubt the value of 4-H Club work or the satisfaction and pleasure gained from being a leader, discuss the problem with the leaders in your community. They can give you first-hand information.

4-H Clubs are open to all boys and girls in Illinois between the ages of 10 and 20 years who are willing to enroll and carry on project work. Five young people are needed to organize a group.

Before they can organize, they must have a leader. Leading a 4-H Club is volunteer work. Don't wait to be invited. Contact your county home or farm adviser or, better still, a club leader in your community.

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IT'S YOUR CONFERENCE--DON'T MISS IT

(:30) The Illinois Conference on Rural Education is scheduled for March 12 and 13, Centennial Building Auditorium, Springfield, Illinois. If you are willing to help solve rural school problems, don't miss it.

The conference opens Friday morning at 9:30 o'clock and closes Saturday at noon. Some of the problems to be considered include reorganization, financing, parent-teacher cooperation, and school safety.

The Illinois Rural Education Committee is sponsoring the conference,and you are urged to attend.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, MARCH 4, 1948

BUY BY GRADE--SAVE FOOD PENNIES

(1:15) Good supplies of GRADE C CANNED SNAP BEANS are coming to local markets. They carry a price tag that means real economy for family budgets.

These GRADE C beans have just as much nutritional value and are canned with just as muchcare as are the higher grades. The only difference is that they are not so tender or so delicate in flavor. And that's where the right trick in cooking counts.

Miss Frances Cook, foods specialist, University of Illnois College of Agriculture, suggests that we use them in casserole dishes--combine them with other vegetables. Beans, tomatoes and onions are a good flavor trio, and the dish is quick and easy to prepare.

Simmer the sliced onion in a small amount of fat until tender and golden brown. Add the drained snap beans--green or yellow--and the tomatoes. A good proportion is three cups of beans to one cup of tomatoes. Season to taste--salt, paprika, cayenne pepper as desired--and turn into a greased baking dish.

Top with a layer of crumbs and a generous portion of grated or shredded cheese. Bake in a moderate oven--350°F--for about 20 minutes, depending on the amount prepared. Send to the table golden brown and piping hot.

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FOR BROADCAST THURSDAY, MARCH 4, 1948

TEST FABRIC BEFORE YOU WASH

(1:00) "To tub or not to tub" is a question many of us are pondering these days as we plan family wardrobes for spring and summer. High prices and the shortage of fabrics make it important to use materials on hand--to renovate and remodel garments.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says both fabric and trimmings should be tested before tubing. She maintains that this is the only way to make sure that the washing can be done without injuring color, texture, or finish. Buttons--even stitching--may be affected by laundering.

Miss Gray suggests that a good way to make the test is to squeeze a sample--or an inconspicuous part of the garment--in lukewarm suds for five minutes. Rinse, dry and compare with the unwashed material.

Merely soaking a sample in water for five minutes is not a sufficient test.

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YOUR BASEMENT--KEEP IT CLEAN

(:45) Home basements can become fire hazards--if we are careless. Old rags, cardboard, packing materials, paper--all invite danger unless they are stored in an orderly manner--and away from heating equipment.

Protect the woodwork near the furnace and heating pipes with asbestos or metal. Be sure to leave air space between the woodwork and the protective shield.

Store all combustible materials well away from the furnace. Be careful when you remove ashes and cinders--deposit them in metal containers.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, MARCH 5, 1948

YOUR ATTENTION--PLEASE

(1:00) Here's news from the National Safety Council--and its shocking news. Our homes have replaced traffic as the nation's number one accident killer--and that's according to the 1947 record.

Last year home mishaps brought death to 33,500 persons--1,000 more than in 1946. Besides that, disabling injuries numbered about five million.

Don't you think we need to do some sober thinking about this black mark against our American homes? Let's resolve that accident hazards in our homes, and carelessness in our families, will not contribute to the 1948 toll.

Let's start an action program now by checking for hazards and doing something about them, once they are discovered. Let's remember, too, that ACCIDENTS DON'T JUST HAPPEN--THERE IS ALWAYS A CAUSE. LET'S SEARCH OUT THE CAUSES AND REMOVE THEM.

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LEADERS ARE NEEDED--WILL YOU HELP?

(:15) More Illinois boys and girls want to join 4-H Clubs. More clubs must be organized. Before clubs can be organized we must have leaders. If you are willing to help the young people in your community--if you'll lead a club, or help lead one--get in touch with your county farm or home adviser.

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FOR BROADCAST FRIDAY, MARCH 5, 1948

PICTURES ON YOUR WALLS--HOW ARE THEY HUNG?

( ) The pictures on our walls tell much about our interests. They tell our love of color--of places--of things. Pictures are one of the first things we are likely to notice when we step into a strange room--or a familiar one.

Yet in how few homes are the pictures well hung. What about our own homes? How can we hang our pictures so that we will get the most enjoyment from them?

Just off the press is the University of Illinois leaflet, "PICTURES ON YOUR WALLS." It explains--by means of right and wrong illustrations--a few simple rules that will guide you in working out pleasing arrangements.

The leaflet includes a discussion of height, importance of furniture support, size of furniture and wall space and grouped pictures. The old problem of hanging pictures on flowered and striped walls is discussed and a solution is suggested.

There are other rules, of course, that apply to the combining of colors--colors in pictures, in frames and in furnishings. There are still others that have to do with selecting subjects. However, the few simple rules given in the leaflet apply to all pictures no matter what their color or subject.

For your copy of "PICTURES ON YOUR WALLS," write the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, MARCH 6, 1948

KEEP EGGS ON YOUR MARKET LIST

(1:15) Eggs are in good supply right now, but it's still important to weigh values when we buy. In many stores they are sold by grade. The quality is stated in terms of grade on the label on the carton.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that--in order to buy wisely--we need to know quality or grade; we need to know size or weight; and we need to know food values.

Top grade eggs--AA or A--are preferred for poaching, frying and cooking in the shell. On the other hand, if we wish them for scrambling, or for general cooking purposes, Grade B eggs are the wisest choice. They have thinner whites and somewhat flatter yolks than the top grades, but they offer the same food value. And very important--they may cost as much as 10 or 12 cents less a dozen then the top grades.

In terms of values, sizes in eggs really means weight. For example, medium eggs run 21 ounces or more a dozen. Small eggs--pullet--weigh 18 ounces or more to the dozen. It pays to read the label and figure relative costs, with the weight and grade in mind.

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FOR BROADCAST SATURDAY, MARCH 6, 1948

YOUR NUTRITION CONFERENCE

(:45) The State Nutrition Spring Conference is scheduled for April 30 and May 1, Leland Hotel, Springfield, Illinois. You are invited to attend.

It is true that the dates seem far in advance, but the spring season is a busy one, so circle them on your calendar and make plans to attend.

The program committee is at work, and we'll keep you informed as speakers are confirmed. Women's clubs, PTA groups, civic groups, home bureau, Red Cross, public health nurses, schools, churches, labor groups, medical and dental associations and others will attend this conference. THE PURPOSE IS TO DISCUSS COMMUNITY NUTRITION PROBLEMS.

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SALADS FOR SPRING

(1:15) There are times when a big bowl of crisp vegetable salad just seems to hit the spot. It makes a good meal--even on a cold day--if you start off with a bowl of steaming hot soup.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that a logical way to start salad preparation is with your large wooden bowl. Rub the inside very lightly with garlic or--if you don't like garlic--add chopped chives to the dressing.

Place the greens in the salad bowl, add the dressing gradually and toss the greens with a wooden fork and spoon until they are coated with the dressing.

If the greens are small, leave them whole. If they are large, tear them apart--cutting with a knife tends to bruise them--and toss them into the salad bowl.

From there on you have infinite choice. The variations are unlimited--they depend on the vegetables you select and the dressing you use. The principle is always the same.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, MARCH 8, 1948

KEEP CHILDREN SAFE

(:45) Here is a reminder for you whodrive cars--it comes from the National Safety Council. Springtime is playtime for children. Come the first warm day, and they'll be out of doors--whole armies of them.

Let's remember that children do not always stop to think. Grown-ups--when driving cars--should have learned how to think, and to think quickly--not only for themselves, but also for children who may do something reckless.

When driving in residential neighborhoods and near schools, let's keep our speed low and our alertness high. LET'S BE PREPARED TO STOP IN TIME TO SAVE A CHILD'S LIFE.

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NURSES ARE NEEDED--CLASSES ARE STARTING

( ) Two thousand nurses--mostly volunteers--cared for all the sick and wounded during the Civil War. Today, according to the American Nurses' Association, more than 300,000 professional nurses cannot meet the needs of the American people for nursing service.

If professional nursing standards are to be maintained, 50,000 student nurses must be recruited this year. Illinois' quota is 3,200 and 1,000 of these new admissions are needed this spring.

For information, contact the hospital nursing school in your area or write the ILLINOIS STATE NURSES' ASSOCIATION, 8 SOUTH MICHIGAN AVENUE, CHICAGO 3.

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FOR BROADCAST MONDAY, MARCH 8, 1948

BONUS--FAT SALVAGE

(:45) Fat salvage is an opportunity to turn a waste product into cash. Your meat dealer will pay you for every pound you turn it, and those nickels and dimes add up rapidly. They help meet food bills.

During the past five and one-half years homemakers and the army and navy salvaged 847 million pounds of used cooking fats. This amount would supply every family in the United States with soap for six months.

Sell your used kitchen fat to your meat dealer or grocer. It is desperately needed all over the world today.

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CHECK NOW--SAVE TIME LATER

(1:00) There's nothing like planning ahead--and that goes for our food preservation work. Home gardens mean canning, and home canning means work. But by doing a little extra work now we can make the load lighter when canning time really rolls 'round.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that now is a good time to take stock of canning equipment. All winter we've been opening jars of fruits and vegetables we put up last summer. Why not wash, sort and put away those empty jars so that they will be ready to use?

Lids should be examined carefully. Ones that aren't safe to re-use should be discarded--it doesn't pay to give them storage space. Others that are in good condition should be washed and stored according to size.

We'll save ourselves a lot of time when the busy canning season comes if we will make some of the preparations ahead of time. Equipment is a good place to start.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, MARCH 9, 1948

REMOVE HAZARDS--PREVENT HOME ACCIDENTS

(:45) Accidents in Illinois homes increased sharply in 1947. During the eleven-month period from January through November home accidents accounted for 1,585 deaths.

Dr. Roland R. Cross, state director of public health, says that 106 of the accidental deaths occuring in homes were among babies under one year of age.

In emphasizing the seriousness of the situation, he cited the fact that during the 11-month period more infants died from accidents in the home than died from diphtheria, measles, meningitis, scarlet fever and whooping cough combined.

Let's check for hazards and remove them promptly.

ACCIDENTS DON'T JUST HAPPEN--THERE IS ALWAYS A CAUSE.

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DRIED FIGS FOR LOW-COST MEALS

(:30) Dried figs are in heavy supply and have dropped in price in recent months. They are a good choice for the pocketbook, and a good choice for satisfying the sweet tooth.

In home cooking, chop them, steam them lightly and add them to cooked cereals. Use them in muffins, breads, cakes, puddings and custards. Make them into sauces to serve with ice cream, bread pudding and cottage pudding. Use them as a filling for layer cakes and cup cakes.

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FOR BROADCAST TUESDAY, MARCH 9, 1948

AVOID "HOMEMADE LOOK"

(1:15) High prices of ready-made garments have brought home sewing machines out of hiding. Pattern and yard goods counters--the country over--are crowded.

Women who make their own dresses usually want them to look like the very best ready-made or dressmaker-made clothes. It takes both time and skill to make good-looking garments.

If you need help, send for a copy of the University of Illinois publication "MAKING A GOOD-LOOKING DRESS--SOME THINGS TO WATCH." It pictures a "split personality" dress--one half good, the other bad. It explains in clear, concise terms just what is wrong with the bad half and what to do about it.

Some of the problems discussed in the publication include sleeves, plackets and belts, waistline areas and bound buttonholes. It also gives valuable information on pressing and finishing techniques.

For your copy of "MAKING A GOOD-LOOKING DRESS--SOME THINGS TO WATCH," write the University of Illinois College of Agriculture, Urbana, Illinois.

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SLICK TRICKS WITH SALAD DRESSINGS

(:45) Start with a good basic French dressing and you can perform miracles with herbs and spices and others seasoners.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you and your family will enjoy these variations:

Quick Roquefort Dressing: Crumble 1/4 cup of Roquefort cheese --or rub through a coarse sieve--and add to 1 cup of French dressing. Let stand one-half hour or longer before using.

Quick Scur Cream Dressing: To one cup of sour cream, add 2 tablespoons of mayonnaise, a generous dash of lemon juice and a few minced chives.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, MARCH 10, 1948

FINE LACE--HOW TO WASH IT

(1:15) Many families pride themselves on the fine lace they've had for a long time--perhaps generations. They want it to look its best.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says that lace calls for special care when it comes to the washing. She suggests that it should be washed, rinsed and dried in towels in the same way as silk or wool.

Spread the lace on a clean board and pin all of the outer points into position. Do not iron lace--ironing will produce "shine."

Old lace is sometimes basted to a firm piece of cloth to protect it during washing. To distribute the strain, baste all parts of the pattern in place carefully. Leave the lace attached to the cloth until it is thoroughly dry. Do not iron it.

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DON'T TAKE CHANCES

(:30) Home dry-cleaning with flammable cleaners has disfigured or fatally burned many persons. It has burned homes to the ground or has demolished them by explosions.

Commercial cleaning is relatively inexpensive. It is usually more effective than home dry-cleaning. AND IT IS INFINITELY SAFER. DON'T TAKE CHANCES.

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FOR BROADCAST WEDNESDAY, MARCH 10, 1948

ANGEL-FOOD FOR FREEZER STORAGE

(1:00) All winter long you've been using fruits and vegetables from your locker. Instead of letting the space go to waste, why not use it for storing two or three angel-food or sponge cakes?

Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, says that frozen baked angel-food and sponge cakes--when defrosted--are similar in quality to freshly baked cakes.

For storage the cakes are heat-sealed in cellophane or metal foil, then placed in a sturdy box and frozen immediately.

If you wish directions for freezing cakes and other cooked and prepared foods--apple pie, chicken a la king, baked beans with tomato sauce--send your request to the University of Illinois College of Agriculture, Urbana, Illinois. Ask for Circular 618--FREEZING COOKED AND PREPARED FOODS.

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GREEN OR DRIED HERBS?

(:45) If you are cooking with herbs for the first time, you may wonder: "Is it worth while to grow my own herbs so that I may use them fresh--or are the dried herbs I can buy just as good?"

The answer given by Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, is: If you can possibly grow your own herbs, even if it must be in flower pots or in a window box, do so. Crisp green herbs have a finer flavor than any that were ever dried. But if you have no place to grow your own herbs, cook with the best, freshest and most carefully dried herbs you can find.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, MARCH 11, 1948

VARY THE FLOUR FOR FLAVOR

(1:00) How good are the bread and rolls and quick breads you make? Are they tops in flavor, or are they a bit on the "flat" side? Many things contribute to the flavor--or the lack of flavor--in baked products. Most important are the ingredients that go into the product.

Miss Jean Chase, foods research specialist, University of Illinois College of Agriculture, recommends that we use different kinds of flour in our home baking. Most homemakers use soft wheat(cake flour)or hard wheat(bread flour) flour for baking. Much greater variety in flavor and texture could be secured if other flours were substituted occasionally.

Graham and whole wheat flour can be used to good advantage in yeast breads and rolls.

White corn meal, bran, and oatmeal are fine for quick breads. For example, bran muffins, corn bread and corn muffins and oatmeal cookies are favorites in scores of homes. They require no more time to prepare than products made with white flour, and they add interest in flavor, color and texture.

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FOR BROADCAST THURSDAY, MARCH 11, 1948

HOW MUCH TIME FOR DISHES?

(1:00) How much time do you spend each day just washing dishes? Do you want to reduce that time? If you do, then the University of Illinois publication, "REDUCING TIME AND MOTION IN DISHWASHING," will help you.

This information is a result of a study made by the Home Economics Department in order to help women reduce both time and effort in doing routine household jobs.

The pamphlet tells how to study your job of dishwashing and how to standardize your work. Then it gives suggestions for gaining skill and speed. It gives valuable information, on selection and arrangement of equipment, working surfaces and heights, and on the hot water supply.

For your copy of "REDUCING TIME AND MOTION IN DISHWASHING," write the University of Illinois College of Agriculture, Urbana, Illinois.

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READY-TO-WEAR GARMENT--WASH OR DRY CLEAN?

( ) Ready-to-wear dresses--quality ones--are high in price these days. They deserve the best care we can give them.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says that we should consider carefully before we tub them. Unless the label reads "washable" or unless we can make a thorough test for shrinkage and colorfastness, it's wise to have them dry-cleaned.

To test for colorfastness, you can sometimes use the end of the belt--when it is made of the same material as the dress. To test for shrinkage, cut or thread-mark a piece of the material. Measure the piece carefully, launder and iron; then measure carefully again.

The difference in size will indicate shrinkage or stretchage and will serve as a guide in laundering.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, MARCH 12, 1948

IT'S THE PENNIES THAT COUNT

(1:15) Green, leafy vegetables are always important in our day-by-day meals. They're a happy choice, too, because they contrast well in color and textures with the more solid main dishes.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that there is a place for economy in preparing these leafy vegetables--and every penny we can save is important these days.

Outer leaves of cabbage--so often thrown away--can be turned to good account. They can be used in cooked cabbage dishes--even in cole slaw--if we treat them right. Trim away any spotted or bruised places, sprinkle with water and place in the hydrator or other covered pan in the refrigerator until crisp. They'll do just as well as the more tender leaves of the cabbage.

Less tender outer leaves of lettuce, chicory and escarole should be used--not discarded. Trim and crisp them, and serve them as you would wilted lettuce. Or, if you prefer, shred them and use them in casserole dishes along with meat or cheese. Another suggestion is to shred or mince them and add them to soup stock.

There is little wisdom these days in wasting food. It comes with too high a price tag at the market. Curbing waste in our kitchens is one of the best ways to keep food budgets on an even keel--and at the same time serve nutritious meals for the family.

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FOR BROADCAST FRIDAY, MARCH 12, 1948

TO SPEED SPRING HOUSECLEANING

(1:00) Before many weeks it will be time for the regular spring house-cleaning. There will be dozens of jobs to do--woodwork to wash, walls to clean, floors to polish.

The University of Illinois circular, "HOUSEHOLD CARE AND CLEANING," will help you speed the job and save you time, energy and money. It not only gives suggestions for doing the actual work, but lists recipes for making some of the cleaners you'll need.

For example, it includes recipes for wallpaper cleaner, soap jelly, wax paste for polishing, paste for metal surfaces--along with a number of others. It gives directions for shampooing rugs and carpets and for cleaning fabric and leather upholstery.

For your copy of "HOUSEHOLD CARE AND CLEANING," write the University of Illinois College of Agriculture, Urbana, Illinois.

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VEGETABLES CALL FOR CARE IN COOKING

(:30) It's not easy to persuade boys and girls to eat vegetables that are "good for them" unless those vegetables taste and look good.

Mrs. Barbara Wheeler, food research specialist, University of Illinois College of Agriculture, says it rests with the "cook" to "sell" these vegetables to the family. The best salesmanship is to prepare them in such a way that they'll have that "second-helping appeal."

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, MARCH 13, 1948

EASY SUPPER FOR SUNDAY NIGHT

(1:00) Cold sliced tongue served with a bit of good horseradish 'longside makes a fine backlog for Sunday night supper. Add crisp salad, rolls or bread and butter, a suitable beverage--and your menu is complete.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that we need "market wisdom" aplenty when we buy tongue. Some markets have a variety--beef, veal, pork and lamb tongue--differing in size from one-half to five pounds. Then, too, we may buy tongue fresh, smoked, corned or pickled.

Prices also call for consideration. Smaller tongues--lamb, pork, veal--are sometimes lower in price than the heavier beef tongue. However, the price per pound at the store and the price per pound when the tongue is ready to serve are two different things.

There is always waste in the skin and trimming. When we estimate the waste in several small tongues, we may find it more economical to buy the larger beef tongue.

Smoked tongue will need soaking for several hours--usually overnight--in cold water. After soaking, cover with fresh water, heat to boiling, then discard the water. Cover with fresh water and simmer until the tongue is tender.

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FOR BROADCAST SATURDAY, MARCH 13, 1948

WASH PILLOWS THE EASY WAY

(1:30) Washing pillows is one of the jobs that seems to march right along with housecleaning, gardening and other springtime chores. If you have it listed on your work sheet, no doubt you'll welcome suggestions to help you turn the trick quickly and with as little effort as possible.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that pillows are not difficult to wash, but the job does call for a bit of time and patience. It is important to work with small units--not more than one or two pillows should be washed at one time.

Remove the feathers from the ticking to a closely woven bag. Select one that is sturdy and large enough to prevent the feathers from packing. A muslin flour bag should be satisfactory. Tie the top of the bag securely.

Wash the bag and feathers in a tub of warm, soapy water--gently sousing up and down to allow the water to circulate through the mass of feathers. Rinse in clear water and dry thoroughly either in the sun and wind or indoors with an electric fan. Shake the feathers from time to time during the drying period in order to prevent packing.

Wash the ticking the same as any cotton fabric. When feathers and ticking are dry, replace the feathers.

Miss Ward gives one precaution: Be sure to use a large tub and plenty of water for the washing and the rinsing. Change the bath as many times as necessary in order to clean the feathers thoroughly.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, MARCH 15, 1948

FRUIT SPREADS ARE GOOD BUYS

(1:00) Fruit spreads are lower in price than they have been for months. Ask about them at your local grocery stores. Unless your supply of homemade jams, jellies and preserves is adequate, you may want to take advantage of these commercial ones.

According to the United States Department of Agriculture, larger sugar supplies are responsible for the present surplus of fruit spreads. Production last year totaled about 850 million pounds--just slightly below the peak of wartime production, when quantities were being allocated for our military forces.

As a result of large available supplies, prices have declined in recent months making these fruit spreads good buys even for average budgets.

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SPRING CLEAN-UP

(:45) Springtime is clean-up time--time to throw out all that rubbish that has collected in basement and attic and closets during the winter.

According to the National Fire Protection Association, rubbish and preventable fires go hand in hand. Clean property seldom burns. Good housekeeping is the key to fire safety.

Let's make springtime clean-up time in our homes--all the way from attic to basement. Let's "clear the decks" for a real fire-safe year.

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FOR BROADCAST MONDAY, MARCH 15, 1948

LOW TEMPERATURE VERSUS HIGH--FOR ROASTING

(2:00) Opinions differ somewhat as to the best temperature for roasting meat. Some home cooks hold that a high temperature makes for better flavor, others favor low temperature. So let's go to the research laboratory for our answer.

Mrs. Royene Owen, foods research specialist, University of Illinois, College of Agriculture, recommends low temperatures. She says they cause less loss of juice--and juice is important to flavor.

A moderate oven temperature--300 to 350°F.--not only produces the best flavor, but gives a more evenly done, palatable and juicy roast.

High oven temperatures cause a great deal of shrinkage and considerable loss of juice. Even though we may plan to use the drippings for gravy, it is wise to use a lower oven temperature and have a plump, full-flavored roast.

To sear or not to sear is another problem that usually comes up for discussion when roasting methods are mentioned. Mrs. Owen says that searing is not recommended. Searing or browning the surface at the beginning of the cooking period does develop aroma and flavor in the outside slices and does give rich brown drippings. However, it causes loss of juice, which means loss of flavor in the roasted meat.

An attractive brown color is produced when the meat is roasted at 300°F. throughout the entire process--and there is less loss of juice. Then, too, it is not necessary to add water when the moderate temperature is used. Adding water is not recommended --when meat is tender--because it likewise takes away some of the flavor of the meat.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, MARCH 16, 1948

Stews Can Be Good--Depends On Cook's Skill

(1:00) Prices on all meats are high at present. But thrifty home cooks are making the most of the family meat dollar by selecting the highly flavored, less tender cuts, and using a "master hand" in their cooking.

Mrs. Royene Owen, food research specialist, University of Illinois College of Agriculture, says that there are a number of cooking tricks which can be used to step up the flavor of stewed meat. One method is to flour and brown the diced meat. It develops the flavor, and the browned drippings make delicious gravy.

Another method which many homemakers use is to marinate or soak the meat in a mixture of vinegar and oil for several hours. This not only improves the flavor of the meat, but makes it more tender.

Adding herbs and spices while the meat is cooking gives fine flavor. Vegetables added near the end of the cooking period improve flavor and give variety. Scoring or pounding the less tender cuts helps to preserve the fine meat flavor, for it shortens the cooking time.

In stewing meat, a simmering temperature should be used. Rapid boiling and overcooking tend to make the meat flat and stringy.

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Ladder Safety

(:15) How do you go up and down your kitchen ladder? Do you face it and hold on with both hands, or do you face in the other direction and clamber up and down with both hands full?

National Safety Council reminds us that many accidents occur because we go up and down ladders improperly. The safe way is to face the ladder--going up or down--and hold on with both hands. Take one step at a time--and DON'T HURRY.

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Will It Fade?--Here's The Test

(:30) One of the questions many women are pondering these days as they plan family wardrobes for spring and summer has to do with colorfastness. Can a material or garment be laundered? Or is the color likely to run?

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says that the way to know whether a color is likely to run is to test. It is simple and easy to do.

Rub some inconspicuous part of the garment--seam edge or wrong side of cuff or collor--with a damp white cloth. If the color rubs off on the white cloth, it will be unwise to wash it.

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Store Food Correctly--Reduce Waste

(:15) Records indicate that we need to fight food waste in our home kitchens. Miss Grace Armstrong, foods specialist University of Illinois College of Agriculture, suggests that we study storage methods. Find out how each food keeps best, then store each product in the right--and correctly cared-for--cupboard, cooler, can or jar.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, MARCH 17, 1948

ook Vegetables for Flavor

(1:00) Vegetables are an excellent source of vitamins and inerals. They are important enough to deserve rather special care in ooking.

Mrs. Barbara Wheeler, foods research specialist, University Illinois College of Agriculture, says that few persons--even those o think they don't like vegetables--will be able to resist them if cook them with flavor in mind.

She recommends that we start vegetables cooking in just enough iling, salted water to cover the bottom of the pan--about one-fourth p. Cover the pan tightly to hold in the steam. Use enough heat to turn the water to boiling as soon as possible after the vegetable is ded, then reduce it so that the water will boil very gently.

After several minutes, lift the vegetable with a fork to stir and permit steam to circulate. Then--after about seven minutes--st for doneness. Usually this amount of time is sufficient, but it a good plan to test for doneness by tasting a small bit.

Butter the vegetables--or dress them with a tasty sauce--and nd them to the table piping hot and fine in texture, color and flavor.

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Slip Covers--Home Sewers Can Make Good Ones

(1:00) Slip covers are in the news these days. It's not surprising--they are attractive and useful for hiding soiled or worn upholstery or for protecting new furniture. They work magic in adding color and pattern to drab rooms.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that good, fine-fitting slip covers can be made at home. Then in her leaflet, "HOW TO MAKE SLIP COVERS," she explains how to turn the trick.

She discusses materials, trimmings and seam construction. She explains--step by step--the five-piece pattern method. Information includes suggestions for measuring the furniture for the pattern, cutting and adjusting the pattern and, finally, making the slip cover.

The leaflet is illustrated, and directions are clear and concise. For a copy of "HOW TO MAKE SLIP COVERS," write the University of Illinois College of Agriculture, Urbana, Illinois.

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Illinois Safe Homes Program

(:50) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reports that families from more than 60 counties are enrolled in the Illinois Safe Homes Program.

Is your family enrolled in this fight to reduce home accidents? If not, then won't you please contact your county home or farm adviser. The purpose of this state-wide program is to fight home accidents and to determine the causes of home accidents. You and your family are eligible.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, MARCH 18, 1948

AUTOMATIC WASHING MACHINES--POINTS TO CONSIDER WHEN BUYING

(1:15) Many families throughout Illinois have had a washing machine on their "to buy" list for a number of years. Interest is high in the completely automatic machine, and they are coming to market rapidly. However, it is important to be informed about them and to buy carefully.

Miss Gladys Ward , home management specialist, University of Illinois College of Agriculture, says that one of the first points to consider is the water supply. Hot and cold water --under pressure--must be adequate to complete the washing operation.

It is important to consider the water supply in relation to the size of the machine tub. The larger tub requires more hot and cold water, but if washings are large, a larger tub means fewer loads to run.

Plenty of hot and cold water--under adequate pressure--is needed to operate a completely automatic washing machine efficiently. Size of the hot water tank and speed at which water is heated should be checked carefully. If only a small hot water tank is installed, it may not provide sufficient hot water, especially when there are several tubfuls of clothes to run.

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FOR BROADCAST THURSDAY, MARCH 18, 1948

HOW DO YOU WALK?

(:15) Walking is the best exercise in the world--provided we're properly equipped for the task. Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, says that if we are conscious of our feet--and their need for care--our walk will take care of itself.

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REASONS FOR "GROWING YOUR OWN"

(1:00) Home gardens are needed more now than ever before. Twenty million is the goal set for this year.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that there are reasons aplenty for planting a family garden. Many of those reasons have to do with good nutrition.

First of all, home-grown foods are fresher--there is little delay between the harvest time and the serving time. Fresh foods not only are more attractive in flavor and color, but are richer in vitamins.

More of the "protective" foods will go into our day-by-day family meals if we grow them. This point is an important one to keep in mind in these days of uncertain prices.

A well-filled cellar and pantry will help keep meals nutritious and attractive long after the garden season has passed. Especially this year--when we are asked to eat less wheat products and less meat--home-grown vegetables can keep diets healthful and satisfying.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, MARCH 19, 1948

LEATHER UPHOLSTRY--HOW TO CLEAN

(:45) Leather upholstery is not difficult to clean. However, dirt and grime should be removed frequently, and correct methods should be followed.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, suggests that we use saddle soap--it usually can be purchased where shoe cleaners and polishes are sold.

Apply the saddle soap with a dampened sponge or a soft cloth. Be sure to cover only a small area of the leather at a time. Rinse the area with a sponge or soft cloth wrung dry out of clear, lukewarm water. Complete the cleaning by polishing the leather with a dry, soft cloth.

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HOME--AND THE RANGE

(:30) As the weather gets warmer, oil stoves will gradually replace wood and coal ranges in many homes. Home cooks should use particular care with these stoves.

National Safety Council says that the safe way to use an oil stove is never to leave the kitchen when the stove is burning. This is especially true when the stove has just been lighted.

One safeguard--which should not be omitted--is to keep a fire extinguisher in the kitchen, ready for immediate use if the need arises.

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FOR BROADCAST FRIDAY, MARCH 19, 1948

MUFFIN MIXING--HOW TO DO IT

(1:45) Muffins are easy to make--that is, for experienced cooks. But there are scores of young women the country over who are not experienced, and some of them are having difficulty. They report that the muffins they "whip up" are tough and filled with"tunnels."

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that young cooks tend to overmix muffins. Too much mixing will cause tunnels to form and will make the muffins tough in texture.

In preparing muffins, mix together all of the liquid ingredients--milk, well-beaten egg, and oil or melted fat--and pour them ALL AT ONCE into the dry ingredients. Stir only until the dry ingredients have been moistened--and be sure to STIR--DO NOT BEAT.

Don't worry if the batter is rough and lumpy when it goes into the pan. That is the way it should be to make tender, fine-textured muffins. When the spoon is lifted out, the batter should break, or separate, easily.

If the batter is smooth and falls from the spoon in long ribbon-like strands, it has been mixed too much. The muffins will be less tender. They will come from the oven with a smooth crust that is not nicely browned and has a dull appearance. The tops will be peaked, or knobbed. The cells will be smaller, and tunnels or long narrow holes will appear.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, MARCH 20, 1948

DRIED FRUITS ARE PENNY SAVERS

(1:00) Dried fruits continue low in price. Most local markets have plenty of variety--figs, raisins, prunes, apricots--to keep meals interesting. They are good for between-meal snacks, too.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that dried fruits are always a good choice for children's confections. They offer some vitamin and mineral value along with the natural fruit sugar.

Dried fruits that are tender are good to eat out of hand. Those that are hard and rather dry can be made into a delicious confection. Use two or more varieties, depending on the flavor desired, and run them through the meat grinder. The medium-sized cutting blade will make an interesting, chewy texture.

Mix the ground fruits with a small amount of lemon juice and grated rind, form into balls, and roll in sugar. If desired, nuts may be chopped along with the fruit. They add good flavor, texture and extra food value.

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FOR BROADCAST SATURDAY, MARCH 20, 1948

LET'S CHEAT THE GARBAGE-CAN

(1:00) Used cooking fat is the only waste product that we can sell for cash after we've gotten our money's worth in food value from it. Let's salvage it and turn it in to the meat dealer.

The American Fat Salvage Committee reports that the thriftiness of homemakers is helping to beat the fats and oils shortage. No amount is too small to save. The little fat that rises to the top of stews or soups, when they have been allowed to cool, and the grease that collects in broiler pans are worth saving.

Besides saving used cooking fats is the easiest way to dispose of them. If we pour them down the sink we're in for trouble--the drain clogs. If we throw them out with the garbage, they seep through the paper bags and the garbage pail calls for extra cleaning.

Let's conserve and turn in every pound of used cooking fat and help ease the world shortage of fats and oils. LET'S RESOLVE TO BE GARBAGE-CAN CHEATERS.

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LADDERS--CLIMB THEM, DON'T FALL OFF THEM

(:45) Let's take our housecleaning a little easier and make it a little safer this spring. Let's use a good sturdy ladder for climbing--not boxes, chairs or other makeshifts.

Miss Gladys Ward, home management specialist, University of Illinois, says that many accidents occur because ladders are not set at a safe angle. The base should be one-fourth of the ladder's height away from the wall.

If the ladder is too nearly horizontal, it may slip or break. If it is too nearly vertical, it may fall backwards. Move the ladder instead of leaning far out to reach your work.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, MARCH 22, 1948

BUYING TOWELS--CLOSENESS OF WEAVE IMPORTANT

(1:00) Bath towels are coming to market in better supply, and women are re-stocking. However, to give good service, towels should be selected wisely.

Miss Florence King, textile and clothing specialist, University of Illinois College of Agriculture, says that closeness of weave is an important consideration. Towels are made of three types of yarn--pile yarn, ground-warp yarn, and filling yarn.

The ground-warp yarns should be two-ply in order to absorb moisture readily. Poor-quality towels have only about 20 ground warp and pile yarns to an inch. The heaviest towels have about 60 such yarns. An average-quality towel has 48 ground-warp and pile yarns and 60 filling yarns to an inch.

The length of the pile is another point to consider in selecting bath towels. It should be long enough to be sufficiently absorbent, but not so long as to pull out or to become slicked down. Three-eights of an inch is considered to be a satisfactory length.

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FOR BROADCAST MONDAY, MARCH 22, 1948

HERBS FOR FLAVOR

(1:15) Herb cookery is not new. Leaves, seeds, fruits, buds and roots have been used since ancient times to enhance the flavor of foods. They have long been considered essential in food preparation in European and Latin American countries, and, also in some parts of the United States.

If you favor the use of herbs in cookery, do a bit of experimenting on your own. Add them with a very light hand until you become acquainted with them, and then work out combinations to your own liking.

Miss Virginia Charles, foods research specialist, University of Illinois College of Agriculture, suggests that soups are a good starting place for the novice. They may be varied interestingly with parsley, thyme, rosemary, winter savory or sage. Chopped or minced chives give a mild suggestion of onion.

Make a bouqet of fresh or dried herbs, tie it together and add it to the soup about 15 minutes before the end of cooking. Remove it before the soup is served. You'll find it will give fine flavor. A rather unusual bouquet combination is parsley, thyme, and bay leaf. It may also be used for meat stews and pot roasts, but then it should be added about 45 minutes before the end of cooking.

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FOR THE BABY'S BONES

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that vitamin D helps bones and teeth grow strong and straight. That is why babies and young children need a special supply of this important vitamin regularly. Oranges and grapefruit are excellent sources of vitamin D.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, MARCH 23, 1948

USE HONEY FOR FLAVOR

(1:00) Honey prices are down, so let's turn it to good account in preparing our menus. It's quick and easy to use and lends delightful flavor to any number of foods.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that honey makes a first-rate spread for waffles, griddle cakes and golden-brown toast.

Since the flavor of honey blends well with so many fruits and vegetables, it can be used in salads to give variety in flavor. A good flavor trick is to dip orange slices in honey and then in cocoanut before you arrange them on the crisp lettuce.

Lemon-cream dressing adds new interest to almost any fruit salad. To prepare it combine three tablespoons of honey with one tablespoon of lemon juice. Just before serving blend the honey--lemon juice mixture into one-half cup of whipped cream. Serve on fruit salad. One precaution--serve promptly--the dressing separates on standing.

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FOR BROADCAST TUESDAY, MARCH 23

CIRCLE THESE DATES ON YOUR CALENDAR

(1:45) May 1 to 7 are important dates for Illinois women. It's Home Demonstration week, and a good time for all of us to keep our eyes and ears open. Home bureau groups all up and down the state will be taking stock. They will be reporting work done during 1947, and they'll be making plans for the months ahead.

Last year--1947--many special activities were scheduled for Home Demonstration week. Community meetings were held at which exhibits were arranged and demonstrations were given. Family night programs included special features. Radio programs were presented, and exhibits and displays were placed in local store windows.

This year--the third time the special week has been designated--home bureau women are planning more and better programs. Some counties have already reported that their plans have been outlined and work is under way.

As you probably know, home demonstration work, or home bureau work, as we call it in Illinois, is carried on in each of the 48 states and in Hawaii, Alaska and the Philippines. Extension workers of the 51 land-grant colleges and of the USDA will be partners in the activites of this week. Approximately 3,000 county, state and federal workers are assisted by half a million rural women--all volunteer leaders--in carrying out the program.

Here in Illinois, home bureau work is under way in all but two of the 102 counties in the state. Membership is near the 50,000 mark.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, MARCH 24, 1948

KNEELING APRONS FOR GARDENING

(1:45) If your knees get wet and dirty when you are working in the garden, why not make yourself a special gardening apron?

Miss Edna Gray, clothing specialist at the University of Illinois College of Agriculture, suggests two designs for aprons that will protect your knees.

The first has a wide pocket at the bottom. When the pocket is unbuttoned and turned inside out, it forms a waterproof pad for your knees. When your kneeling job is finished, you can button up the pocket and use it to put away such odds and ends as seed packets, markers and gloves.

The second apron is split like knickers and has quilted kneepads that are held in place with fastenings around the knees. A big free-hanging pocket snapped to the waistband will hold the seed packets and markers so that you can reach them easily as you work.

Miss Gray suggests that you make these aprons of a sturdy cotton. The pocket of the kneeling apron should be lined with a waterproof plastic material. Layers of cotton sheeting or old outing flannel can be used for the quilted kneepads of the knicker apron.

Complete directions for making both aprons are shown in the University of Illinois leaflet, "APRONS FOR KNEELING JOBS." For a copy of this leaflet, write to the University of Illinois College of Agriculture, Urbana, Illinois.

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EH:lk
3/19/48

FOR BROADCAST WEDNESDAY, MARCH 24

HOW TO CLEAN FABRIC UPHOLSTERY

(1:10) If your upholstered furniture looks a bit drab in the spring sunshine, try giving it a good shampoo.

Miss Dorothy Iwig, home furnishings specialist at the University of Illinois College of Agriculture says that you can make up a good shampoo at home for your fabric upholstery. Just pour one cup of hot water over two cups of mild soap flakes, and beat the mixture to a jelly with a rotary egg beater.

Before you clean the upholstery, test an area which is usually out of sight to make sure that the fabric will not fade. Then work up a lather with soap jelly on a sponge or cloth which has been soaked in lukewarm water and wrung dry. After the lather has done its work, wipe it off with a clean cloth or sponge that has also been wrung dry. It is important to wring the clothes dry to prevent dampening the furniture stuffing. For the same reason you should clean only a small area at a time.

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READ THE MANUFACTURER'S GUARANTEE

(:45) When you buy a major household item, such as a washing machine or a stove, it pays to read the manufacturer's guarantee or warranty carefully. Miss Gladys Ward, household management specialist at the University of Illinois College of Agriculture says that you ought to know, before you buy, just how long a period the guarantee covers. There are two types of guarantees: one for the operating mechanism and workmanship, and the other for servicing from your local retailer. It is very important to study the directions given for use, and to use the machine correctly, since most guarantees do not apply if the machine has been obviously misused. Miss Ward suggests that you keep the book of directions in a permanent place where you or anyone else who uses the machine can consult it easily.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, MARCH 25, 1948

Lampshades -- How to Clean

(1:15) Lampshades collect dust and grime during the winter months. Here are some tips on how to clean them.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that first you must decide whether or not the lampshade is washable. If it is, you can do the cleaning job with a soft brush and soap jelly. Rub the lampshade surface lightly with the brush and rinse thoroughly with a clean soft brush and clear lukewarm water.

You can make the soap jelly yourself. Just pour 1 cup of hot water over 2 cups of mild soap flakes and beat to a jelly with a rotary egg beater.

If the lampshade is non-washable, Miss Iwig recommends that you send it to a commercial cleaner. It will have to be completely immersed in dry-cleaning fluid, which is not a safe cleaning method for home use.

Parchmentized shades can be wiped off with paper tissue or a soft cloth if they're dusty. If they need cleaning, use soap jelly and a sponge wrung dry out of clear warm water. You should avoid getting the shade really wet.

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FOR BROADCAST THURSDAY, MARCH 25, 1948

Delinquency Prevention Conference

( ) Here's a conference date to circle on your calendar--April 29 and 30. The 17th Annual conference on delinquency prevention is scheduled for the Stevens Hotel, Chicago, Ill. Room reservations should be made at once--direct with the hotel.

Nearly 2,000 delegates are expected to attend the conference. It is sponsored by the State Division for Youth and Community Service, together with more than 40 agencies and private organizations in Illinois. It is open to anyone who is interested in young people. There will be no registration fee.

So if you believe in prevention instead of punishment, plan to attend the conference. This year's program promises to be one of the finest in the 17-year history of the organization.

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How to Get the Most Flavor in Meat Soup

(:45) When you cook meat for soup, you want to extract the most flavor possible for a rich broth. Miss Royene Owen, foods specialist at the University of Illinois College of Agriculture, says that long simmering will bring out the maximum flavor. If you brown the meat first, the flavor will develop more fully and the stock will have a richer color.

The less demanded cuts such as necks and shanks are best for soup making. They are not only rich in flavoring materials but are also the most economical cuts. Pork and veal are not as highly flavored as beef and are not as successful for soups except in combination with beef.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, MARCH 26, 1948

Mixing Makes a Difference--in Cake Baking

(1:15) There are several schools of cake mixers. Some cooks prefer quick mixing--others maintain that thorough beating of the batter improves both texture and flavor of the baked product.

Miss Jean Chase, foods research specialist, University of Illinois College of Agriculture, says that the way you mix the cake is almost as important as the ingredients used.

Studies in the Foods Research Laboratory indicate that longer mixing dissolves the sugar giving a sweeter tasting cake. The product will have a better texture if all of the ingredients are at room temperature when mixed. This makes for a more successful blending of the ingredients.

Miss Chase says that the new "mixer method"--that of putting all the ingredients except half the liquid into the mixer, mixing for 2 minutes, adding the remaining milk and flavoring and mixing for 2 minutes longer--will give you a standard product. But it will not have quite as fine a flavor as a cake made by the conventional method, where fat and sugar have been thoroughly creamed with the flavorings.

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FOR BROADCAST FRIDAY, MARCH 26, 1948

Reclaim Old Sewing Machines

(1:15) Increased price on ready-to-wear dresses is making home sewing more popular than ever before. Even though the price of yard goods is not low, you can save money by sewing at home.

So if you have an old sewing machine that's been sitting in the attic unused for years, now is a good time to bring it out. No matter how queer it may look in comparison with the new machines, it can be made to sew.

The first step in reclaiming an old machine is to learn exactly how it works. If you're not sure what to look for, you'll be interested in "SEWING MACHINE ADJUSTMENT AND CARE," a leaflet put out by the University of Illinois College of Agriculture. The purpose of this leaflet is to help you to reclaim a machine that may seem to be worn out. It tells exactly how to test the different parts of the machine and how to clean and adjust the parts.

The leaflet also includes a "Trouble Chart," which lists problems likely to arise and tells how to solve them. For this leaflet, "SEWING MACHINE ADJUSTMENT AND CARE," write to the University of Illinois College of Agriculture, Urbana, Illinois.

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Why Plant a Family Garden?-Here Are Four Good Reasons

(:45) The season for arm chair gardening is almost over. Time for action is here. Just in case you are wondering whether or not you should turn gardener again this year, here are four points that will help you decide:

1-Home-grown vegetables will reduce your food bill and, at the same time, keep meals attractive and well-balanced.
2-Home garden will release commercially grown products for shipment abroad--increase the national food supply.
3-Home garden will provide vegetables for canning and freezing--for use on a year-round basis.
4-Home garden will provide recreation and relaxation--without travel costs.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, MARCH 27, 1948

CURRANT JELLY MINT SAUCE--FOR ROAST LAMB

(1:00) Roast lamb is a happy choice for any spring dinner, but it is traditional with scores of families at Easter time. If you are serving roast lamb for Easter dinner this year and you want it to be extra-special--or "super," as the young fry say--serve it with CURRANT JELLY MINT SAUCE.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends the sauce, and it is quick and easy to prepare. Use one half glass of currant jelly--good, old fashioned homemade jelly if you have some at hand. Stir or beat it to a smooth paste, then add one tablespoon of finely chopped fresh mint and one tablespoon of grated orange rind.

This sauce is better in flavor and aroma when prepared just ahead of serving time. Blend the ingredients thoroughly, and send the sauce to the table topped with a sprig of crisp, fresh mint.

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STORE MEAT CAREFULLY

(:30) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that for safe storage of meat and poultry the three C's--CLEAN, COOL, COVERED--should be kept in mind. The coldest part of the icebox or the coldest storage space--45°F. or lower--should be reserved for these products.

Fresh meat should be covered loosely. If the meat is ground, it should be stored in an extra-cool place and cooked promptly.

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FOR BROADCAST SATURDAY, MARCH 27, 1948

TEMPERATURE FOR IRONING DEPENDS ON FIBER

(1:00) Ironing or pressing isn't so simple a task as it was in grandmother's day. True, modern equipment has made the job easier from the standpoint of time and energy. But mixtures and blends of fibers and synthetics call for special techniques and careful temperature control.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says that we should check temperatures very closely when we press rayon or any other synthetic fiber--or a fabric that is made up partly of these fibers. Too hot an iron can melt them.

Keep the temperature of the iron lowest for acetate rayons. A good way to make sure that your iron isn't too hot is to try it first--test it--on the back part of a hem or seam. Never place it untested in the center of the garment.

Prices of both materials and ready-to-wear garments are high. Supplies are short. In today's plan there is no place for waste. Test the temperature of the iron and play safe. Don't take chances on scorching or melting the material.

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CLEAN OUT THE HAZARDS

(:10) Good housekeeping is the key to fire safety. A good housekeeper not only keeps dirt and rubbish to a minimum, but checks regularly for fire hazards and threats.

How do YOU measure up as a housekeeper?

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, MARCH 29, 1948

STORED VEGETABLES ARE GOOD BUYS

(1:00) Freshly harvested vegetables are coming to local markets from Florida, Texas and California, but there is little choice of variety. Greenhouse-grown vegetables are available, too, but prices are high.

Professor Lee A. Somers, University of Illinois College of Agriculture, says this is the time to make good use of the topped root vegetables. They are coming to market from storage cellars and pits, and are real penny-savers. These products are not quite so attractive as the freshly harvested ones, but they are packed with flavor and food value.

Parsnips and salsify are at their best now. Topped carrots, beets and turnips can often be bought for less than half the cost of those from the south. Stored cabbages and onions are usually much cheaper than those just harvested. The last of the stored sweet potatoes, pumpkins and squashes come on the market during this early spring period.

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STATE NUTRITION SPRING CONFERENCE

(:30) The State Nutrition Spring Conference has been scheduled for April 30--May 1 at the Leland Hotel, Springfield, Illinois. You are invited to attend.

Dr. G. L. Jordan, chairman of the State Nutrition Committee, says that your ticket of admission is your interest in nutrition problems. Representatives of professional and lay groups from all sections of the state will attend.

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FOR BROADCAST MONDAY, MARCH 29, 1948

MUFFINS--LET'S SERVE THEM OFTEN

(:45) Muffins--served piping hot--dress up the simplest menu with little effort. Let's serve them often. Blueberry muffins, honey muffins, fruited nut muffins, bran muffins--there are so many variations that they need never become tiresome.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that most muffins should be baked at 425°F. and for 20 to 25 minutes. A slow oven dries them out before they have been browned. Too high a temperature causes a crust to form before the baking powder or other leavening agent has completed its action.

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YOUR VACUUM CLEANER IS AN INVESTMENT--GIVE IT GOOD CARE

(1:00) Your vacuum cleaner is a real investment in terms of money. The dividends it will pay in service depend on the care you give it.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says it is important to follow the directions given by the manufacturer for the care and the use of the machine. His directions are the result of long-time tests--not the result of snap judgement.

For the best cleaning service, the bag should be emptied after each use. It is a good plan to brush or rub the inside of the bag occasionally, but it should not be washed.

Pick up pins, string and thread from the floor before using the cleaner. For efficient operation,keep the brush free of hair and threads. Check the tension of the belt; when it becomes loose, replace it. There must be enough tension in the belt to drive the rotating brush at the correct speed.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, MARCH 30, 1948

WALL-CLEANER--YOU CAN MAKE IT AT HOME

(1:00) One of the not-so-pleasant jobs that marches right along with spring housecleaning is the washing of enameled and painted walls. However, good tools will speed the job and make it easier to do.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that the first requirement is a good wall-cleaning solution. You can prepare a very efficient one at home if you wish.

If you have considerable wall space to clean, you'll save time by making the solution in quantity. To prepare one gallon, dissolve 1/3 tablespoon of trisodium phosphate and 1/2 tablespoon of washing soda (sodium carbonate) in 1 gallon of hot water. Add 1 tablespoon of soap flakes to the solution, and stir until the soap is thoroughly dissolved.

When the solution is lukewarm, it is ready for use. Apply it to the soiled wall with a sponge or a soft cloth wrung out of the solution. Use a circular motion to prevent streaking surface. Work with a small area at a time, and rinse the wall immediately with a second sponge or cloth wrung out of clear, lukewarm water.

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TRAIN FOR SAFETY

(:15) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says "Make your children's safety an important part of your home activity and the children's home training. About fourteen to fifteen thousand children under fifteen years of age are killed each year by accidents."

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FOR BROADCAST TUESDAY, MARCH 30, 1948

STUFFED EGGS AU GRATIN--HAVE YOU TRIED THEM?

(1:45) Perhaps you think that stuffed eggs are good only for picnics and lunch boxes. Serve them in individual casseroles topped with a tasty cheese sauce, and you'll have a fine main dish for dinner. If your purse will allow, blend a bit of anchovy paste or deviled ham with the egg yolks for extra-special flavor.

Miss Frances Cook, home economist, University of Illinois College of Agriculture, suggests this simple, easy method for preparing Stuffed Eggs Au Gratin. Allow approximately three eggs for every two servings. Hard-cook the eggs, cool them and cut them in halves lengthwise.

Remove the yolks carefully and mash them with a fork. Add a bit of soft butter to moisten the mixture and season to taste. A dash of mustard, paprika and salt is a favorite seasoning combination. Anchovy paste, liver paste, finely minced cooked bacon or ham blended with the yolks lifts the dish out of the commonplace.

Refill the egg whites with the mixture and arrange three of the stuffed halves in the individual casseroles. Pour the Cheese Sauce over them, top with buttered crumbs and bake in a moderate oven--350°F--until thoroughly heated and nicely browned--about 15 or 20 minutes. The baking time will vary depending on the size of the casseroles.

Miss Cook suggests that no special recipe is needed for the Cheese Sauce. Use your basic recipe for white or cream sauce and blend in a good portion of grated American cheese. Add a dash of Worcestershire sauce, stir until the cheese is melted and pour over the eggs.

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Homemaking
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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, MARCH 31, 1948

FLAVOR IN BAKED PRODUCTS--HERE'S HOW

(1:15) Every good cook knows that it's the flavor that counts--that whets the appetite--and makes the family call for "seconds." But how to get that "so good" flavor in our homemade cakes and cookies every time we bake is the problem.

Miss Jean Chase, foods research specialist, University of Illinois College of Agriculture, says that for best flavor the flavoring extracts--vanilla, lemon, almond--should be added to the creamed fat and sugar. This mixing trick seems to make for better absorption of flavor than when the extract is added to the liquid, or added during the last minute of the mixing.

Sometimes a combination of flavorings can be more exciting and tempting than one used alone. For instance, vanilla and almond used for flavoring an angel cake seem to complement each other. Then, too, the flavor combination seems to be more effective in eliminating the "eggy" taste often found in angel cake.

However, Miss Chase cautions that it is important to know the difference between a true vanilla extract and an imitation. The true vanilla is more costly than the imitation, but it will give you many times the aroma and flavor. The label on the package should tell the story.

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FOR BROADCAST WEDNESDAY, MARCH 31, 1948

SHOE COMFORT--CHECK BEFORE YOU BUY

(1:00) Spring wardrobes usually call for new shoes. Quality is improving, but the supply of shoes is still short and prices are high. Careful buying is important.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, reminds us that shoe comfort and satisfaction begin in the store. When we shop for shoes, we should allow time to examine them carefully. The way a shoe fits, the workmanship, the material--all are important.

Shoes will give better service if they are correctly fitted. It is a good plan to stand to get the shoe size. Feet are larger when carrying the body weight. However, it is not wise to buy shoes by size alone. Try on both shoes and walk around in them.

If a shoe is not comfortable, don't count on alterations and don't depend on "breaking it in." A well-fitted, well-selected shoe will be comfortable from the beginning. There is no way to increase the length of a shoe, and stretching to widen it usually only breaks the stitching.

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VEGETABLES--WILT NOT--WASTE NOT

(:30) One way to fight food waste in home kitchens is by careful storage. This is particularly true of leafy vegetables. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says the fresher the vegetable when it is used, the better the taste, the less the waste and the more vitamins retained.

For home storage of fresh leafy vegetables, pile them loosely in a covered vegetable pan or moisture-proof bag--preferably after washing and draining. Keep them cold.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, APRIL 1, 1948

MARKET BASKET BARGAINS--LOOK FOR THEM AT YOUR GROCERS

(1:15) Local grocery stores promise to be good bargain spots again this month. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we keep our menu plans flexible and go to market with an open mind.

Fresh citrus fruits--oranges and grapefruit--are priced right for even "just-average" pocketbooks. Select them carefully and according to the use you plan to make of them.

Storage holdings of apples are larger than they were a year ago. Check quality before you buy, and suit your menu plans to the varieties you find available. Many of the apples in local markets are dessert apples.

If your supply of home-canned vegetables is running out, investigate the commercially canned ones. Lower grades of peas and French style and lower grades of cut beans are still plentiful. Prices are reasonable. These lower grade vegetables are not quite so fine in flavor and texture as the top grades, but they are just as nutritious. Careful preparation can make them attractive and fine tasting.

Check local markets too for dried fruits--peaches, prunes, figs. They are good quality and easy to fit into menu plans for breakfast, lunch and dinner. Fruit spreads are on the plentiful list and are lower in price than they were at the turn of the year. Honey and peanut butter are other "penny-savers" that belong in family market baskets.

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FOR BROADCAST THURSDAY, APRIL 1, 1948

WET WEATHER HARD ON SHOES--GOOD CARE HELPS

(1:00) Rubbers and galoshes are the order for damp, rainy days. However, Lady Spring is unpredictable--even for the weather man--and there are sure to be times when we will be caught unprepared.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, reminds us that wet shoes call for immediate attention. They should be cleaned before they dry, and then dried properly.

Use a damp, soft cloth to remove the mud and grime from the shoes, and then wipe them as dry as possible. It's a good plan to rub them with oil to soften the leather and keep it soft. Castor oil is especially good for this purpose because shoes can be polished after its use. Apply only a small amount of oil, and work it into the leather.

When the shoes have been cleaned and treated, stuff them with soft paper and allow them to dry slowly. Keep them away from heat and sun. Polish them when they are thoroughly dry. Use the polish recommended by the shoe dealer or manufacturer for the kind of leather in the shoe.

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SAFETY PRECAUTIONS FOR CLEANER-UPPERS

(:45) Spring is clean-up time--indoors and out of doors. The National Safety Council reminds us to guard those tubs and buckets and pans of scalding water. They should not be left--even for a minute--where children may reach or fall into them.

Protecting young children from the agony of serious burns is worth every minute of time it takes to be "extra" careful. Let's remember that children are curious. They want to investigate everything in sight, and they want to help with the job at hand.

LET'S DO OUR BEST TO KEEP THEM SAFE. ACCIDENTS DON'T HAPPEN; THERE IS ALWAYS A CAUSE.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, APRIL 2, 1948

TROUBLESOME MILDEW--HOW TO PREVENT IT

(1:15) Mildew is one of the problems that always seem to go hand in hand with the spring season. Rain plus warm, muggy weather makes growing conditions perfect--especially when the house is closed.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, reminds us that molds which cause mildew are always present in the air. When conditions are favorable,they'll grow on anything from which they can get enough food.

The first step in preventing mildew is to remove the cause of dampness. If dampness in the air causes the moisture--as is often the case during the spring months--then all we can do is to keep things as dry as possible. If necessary the house should be heated for a short time. Then the windows and doors should be opened to let out the warmed air which has taken up the moisture. An electric fan will help to force the warm air out more quickly.

If mildew has occurred in your home and you need help in removing it, send for the University of Illinois leaflet, PREVENTING AND REMOVING MILDEW--HOME METHODS. It gives explicit directions for treating clothing, household textiles, books and leather. It also suggests treatment for painted surfaces and for wallpaper.

Send your request for a copy of the leaflet, PREVENTING AND REMOVING MILDEW--HOME METHODS, to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST FRIDAY, APRIL 2, 1948

EGGS ARE BARGAINS IN FOOD VALUE--LET'S SERVE THEM OFTEN

(1:00) There's little wonder that we say "a good egg" these days. Eggs are packed with protein, vitamins and minerals. They are becoming more reasonable in price as the spring season advances and they are quick to prepare.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, recommends an egg every day--now that they are plentiful. Children, pregnant women, and nursing mothers should have at least five or six eggs a week. Other adults should have at least four or five a week.

Serve eggs "as eggs" or "hidden" in the cooking--they are good either way. The first and most important rule in preparing them has to do with temperature. Whether you are cooking eggs in water, in the frying pan or in the oven, the temperature should be low to moderate. Like all protein foods, eggs cooked at too high a temperature get tough and leathery.

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CHILDREN TAKE TO SKATES--HELP KEEP THEM SAFE

(:45) Spring brings many things out in the open--children on roller skates, for example. They seem to pop out of hiding along with the first flowers and tree buds. They have a tendency to spread into the streets and along the highways.

The National Safety Council warns us--parents, teachers, in fact all grown-ups--to try to teach children to play safely. It is our responsibility to see that they do not skate out in the traffic-busy streets and on the highway pavement.

It is our responsibility, too, to drive carefully--to keep our speed low and our minds alert. It is our responsibility to be prepared--at all times--to stop in time to save a child's life.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, APRIL 3, 1948

OMELETS FLAT--OMELETS FLUFFY--TAKE YOUR CHOICE

(1:00) Omelets belong in menu plans these busy days. They are quick and easy to prepare, and there are so many variations that they need never become tiresome. Every good cook book has basic recipes--only imagination and interest are needed to lift them out of the commonplace.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that you dress up an omelet with a mushroom sauce or with tomato, cheese or Spanish sauce. Another tasty treat is to top the omelet with creamed vegetables or meat.

To satisfy the family's sweet tooth, spread the top of the omelet with good homemade jelly just before you fold or roll it. Citrus marmalade--orange or grapefruit--has just the tang to enhance the fine egg flavor. Spread the top of the omelet with a very thin layer just before you send it to the table.

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STORE EQUIPMENT SAFELY--PREVENT ACCIDENTS

(:15) Does your spring cleaning include a plan for storing household equipment? Many falls are caused by things left on the floor in a dark hallway or on the stairway.

The National Safety Council reminds us to store household equipment in safe places. It will help to keep accidents out of our home.

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FOR BROADCAST SATURDAY, APRIL 3, 1948

WHEN CAKE IS COARSE IN TEXTURE--WHAT'S THE TROUBLE?

(1:00) A tested recipe is a first requirement when cake-baking is the order as every good cook will agree. But there are occasions--even when the recipe used has been checked and double-checked--when the cake is not quite up to standard. One of the most common difficulties has to do with texture.

Mrs. Barbara Wheeler, foods research specialist, University of Illinois College of Agriculture, suggests that when a butter cake is coarse in texture, the method of mixing should be examined. The poor texture may be due to too little creaming of the fat and sugar. Or it may result from not enough mixing of the cake batter.

To produce a cake that is fine and even in texture, Mrs. Wheeler recommends creaming the fat and sugar until the mixture is the consistency of whipped cream, and no grains of sugar are felt.

Mix the batter after each addition of flour or milk. Continue the mixing until the batter appears smooth and all of the ingredients have been added. This usually requires about 225 to 300 strokes.

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DOES WASHING MACHINE CARRY A GUARANTEE? IT IS IMPORTANT

(:15) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, advises checking the length of the guarantee when buying a washing machine. It is your protection regarding the workmanship and operating mechanism--provided the machine is used according to directions. Keep the guarantee in a safe and convenient place for ready reference--along with the book of directions for operating the machine.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, APRIL 5, 1948

CONFERENCE ON DELINQUENCY PREVENTION--PLAN TO ATTEND

(:45) The seventeenth annual conference on delinquency prevention is scheduled for April 29-30, Stevens Hotel, Chicago. More than 40 agencies and private organizations are cooperating with the state Division for Youth and Community Service in sponsoring the conference.

This is an open meeting. There is no registration fee. Outstanding speakers are listed on the program from every field interested in youth and its problems. Circle the dates on your calendar now--April 29-30--and plan to attend. Your help is needed.

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PEANUT BUTTER--WAYS TO USE IT

(1:00) Peanut butter is on the plentiful list and is low in price. Have you thought of the many ways you can use it in your day-by-day menu plans?

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that peanut butter goes well with many foods--sweet, tart, spicy. One of its most popular uses is for sandwich fillings.

Raisins and peanut butter make a sandwich filling that is tops in flavor as well as in food value. Mix one-half cup or peanut butter with one-half cup of chopped seeded raisins. Add 2 teaspoons of lemon juice and enough milk or cream to moisten--about one-third cup--and mix lightly.

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FOR BROADCAST MONDAY, APRIL 5, 1948

FABRICS FOR CURTAINS AND DRAPERIES--CHOOSE THEM WITH CARE

(1:00) If you are in the market for curtains or draperies this spring, select them carefully. Quality fabrics that are right in design and color are difficult to find, and prices are high.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that the window treatment should harmonize with other furnishings in the room. Color, texture, pattern--all are important.

If there is considerable pattern in the walls and furnishings, it is wise to choose for the curtains or draperies materials with no pattern, or those that appear plain. If the walls and furnishings are plain, then patterned draperies may be used to add interest to the room.

Materials may be selected from the drapery or dress-goods department. However, it is important to know whether the material can be laundered successfully or whether it must be dry-cleaned. Also, it is important to know whether allowance must be made for shrinking.

Quality of material is just as important as color and pattern. It should be determined before your final selection is made.

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DON'T SLIGHT VITAMINS--THEY'RE IMPORTANT

(:30) You need vitamins. Everyone does--young and old alike. You need them for building a healthy body and for keeping fit and strong.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that because vitamins make up so small a part of food, we have tended to neglect them. But tiny though these amounts are, they are essential for health. Tiny amounts handle big jobs--and important jobs. If we eat the foods needed for all-round health each day, we'll get the vitamins we'll need.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, APRIL 6, 1948

Glass Curtains--Measurements Are Important

(1:15) If you are making glass curtains--or having them made--you'll want to estimate the amount of material carefully before you go to the store to make your purchase. Accurate measurements will save you both time and money.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture,advises using a yardstick to measure the window. A tapeline often stretches, resulting in measurements that are inaccurate.

Take the measurement from the top of the rod to the length desired--to the sill, to the edge of the apron or to the floor. Then add sufficient length for heading, casing and hems. Check the material and if it has not been preshrunk, allow for shrinkage. If tiebacks are to be used, add extra length. If the curtain is to lie on the floor, allow from six to 12 inches of additional material.

There seems to be a difference of opinion about the width of hems. Miss Iwig says that the bottom hem should be wide enough to present a pleasing proportion and give weight. The curtains will look better if the side hems are from 3/4 to 1 1/2 inches wide. Then, too, the curtains can be interchanged if these hems are the same width.

The amount to allow for finish at the top will be determined by the style to be used. The most common finishes for curtains are plain casings, shirred headings and French pleats.

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BROADCAST TUESDAY, APRIL 6, 1948

Scrape, Scoop and Skim

(:30) Every drop of used fat we can salvage in home kitchens is needed. World production for this year will be at least four billion pounds below prewar level, and your meat dealer will pay for every pound you turn in.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that we melt down the table scraps when we are using the oven for other cooking. In this way we can save fuel as well as fat, and we'll not miss the time it takes to do the salvage job.

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National Home Demonstration Week--May 1-7

(1:00) May 1 to 7 will be a busy time for rural women the country over. It's National Home Demonstration week and special activities are being planned in each of the 48 states and in Hawaii, Alaska, and the Philippines.

Illinois' plans for the week include community meetings, exhibits of work done, special demonstrations, family night programs and scores of other activities. The home economics extension work is under way in all but two of the 102 counties in the state, and membership is near the 50,000 mark.

Extension workers of the 51 land-grant colleges and of the U.S. Department of Agriculture will be partners with county workers in the activities for this special week. Home demonstration work--home bureau work as we know it in Illinois--is probably the world's most far-reaching voluntary on-the-job educational program for women. It is carried out by approximately 3,000 county, state and federal workers. They are assisted by more than half a million rural women serving as unpaid leaders.

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Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, APRIL 7, 1948

Tough Pie Crust--What To Do About It

(1:15) Pie is a favorite dessert with most folks--provided it is good pie. The trick is to turn out a "good" pie every time. Even experienced cooks have difficulty, and the crust seems to be the chief troublemaker.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says that when pie crust is tough it is probably because too little fat has gone into the making. She recommends the proportion of 1/3 cup of fat to one cup of all-purpose flour. When this amount is used,a tender crust is almost assured, even if too much water is used and if the dough is handled more than is necessary.

Mrs. Janssen recommends the proportion of 1/3 cup of fat to one cup of all-purpose flour when cold fat other than lard is used. When lard is used, the amount of fat should be decreased by one tablespoonful per cup. If the fat is soft and warm, again a smaller amount may be used.

One half of the fat should be cut into the flour, salt and sugar mixture until it is fine like cornmeal. The other half should be cut into larger pieces--about the size of peas. Cutting half the fat fine makes for a tender crust--the larger pieces for flakiness.

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Home Gardens Mean Better Family Meals

(:45) The days for arm-chair gardening are over. It's time for action, and scores of Illinois gardeners are already at work. If you have a square foot of ground for planting, you'll want to join this "green thumb" brigade. Home gardens are needed more this year than ever before.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says there are plenty of reasons for planting and tending a home garden. First of all, home-grown vegetables are a "first aid" to slim food budgets, and they simplify marketing.

Vegetables fresh from the garden are at their peak in nutritive value and fine flavor. They add interest to meals and can help in correcting poor food habits. Families that take up gardening develop a taste for more vegetables and better quality vegetables.

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Window Shades--How to Clean

(1:15) When you wash windows, do you clean the shades too? They collect just as much dirt andgrime as the glass, and they do deserve attention.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that window shades can usually be cleaned at home--and successfully. The first step is to decide whether or not they are washable.

To clean a washable shade, lay it flat on a large table. Dust it with a soft brush, and then shampoo with a sponge or soft cloth and soap jelly. Apply the jelly to a small area of the shade at a time. Thoroughly rinse off all of the soap, using a sponge or cloth wrung dry out of clear water. Clean the other side of the shade and dry thoroughly before rolling.

Soap jelly can be made at home by pouring one cup of hot water over two cups of mild soap flakes. Then beat the mixture to a jelly with a rotary egg beater. Wall-paper cleaner or a chemically treated sponge can be used in place of the soap jelly shampoo.

To clean a shade that is not washable, use a soft brush to remove as much dust as is possible. Then use a wall paper cleaner or a chemically treated sponge. Clean the shade on both sides, and do not roll until thoroughly dry.

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Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, APRIL 8, 1948

Butter Cakes--What Makes Them Tough?

(1:15) What's your score on butter cakes? Do they always have that "melt-in-your-mouth" flavor and texture, or are there times when they are tough? Even experienced cake bakers say that they slip up occasionally--something goes wrong--and they turn out a cake that is tough and not right in flavor. What's the reason?

Mrs. Barbara Wheeler, foods research specialist, University of Illinois College of Agriculture, says that toughness in a cake that is otherwise good may be due to a number of things. One of the first points to check is the proportion of fat and sugar called for in the recipe. Both of these ingredients help to tenderize; and when too little of either is used, the cake is likely to be tough.

Another point to check is the proportion of egg. Too much egg in the mixture tends to make the baked cake tough. Mrs. Wheeler recommends measuring the volume of the eggs used, rather than measuring by number and guessing at the size. For example, 5 medium whole eggs, 8 egg whites, or 12 to 14 egg yolks measure one cupful.

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FOR BROADCAST THURSDAY, APRIL 8, 1948

The Green Cross Stands for Safety--Let's Adopt It

(:30) The Green Cross stands for safety. It is the symbol adopted by the National Safety Council in its continuous drive against accidents. Let's adopt it as a symbol of our daily living.

The Green Cross means day-by-day attention to hazards in and about the home. It means minute-by-minute habits of being alert and careful. Let's remember that is is our responsibility to keep ourselves and our families free from home accidents. ACCIDENTS DON'T HAPPEN--THERE IS ALWAYS A CAUSE.

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Spices for Variety--How Do You Use Them?

(1:15) How many spices do you have tucked away on your cupboard shelf? How many of them do you use? Do you always use each one in exactly the same way? Spices can mean variety, and yet it is easy to get into a seasoning "rut"--to use one spice in the same way over and over again.

Nutmeg, for example, is a spice that rates a place in almost every home kitchen. It is a standard seasoner for apple pie and for custards--and rightly, for it does step up the flavor of the main ingredients. But nutmeg is a first rate seasoner for other dishes, too.

Miss Ruth Keys, foods research specialist, University of Illinois College of Agriculture, suggests sprinkling a bit of nutmeg over creamed or buttered cauliflower just before you send it to the table. It improves the flavor of buttered spinach and makes creamed chicken and chicken a la king extraspecial.

One point to watch in using nutmeg is to add it with a light hand. Only a small amount is needed to enhance the true flavor of the food. Overseasoning will give the characteristic flavor of the spice. It is the fine food flavor that counts--that makes the difference between really enjoying a meal and merely eating it.

JEH:lk
5/4/48

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, APRIL 9, 1948

Milk--The Daily Quota in Family Meals

(1:15) It is very easy to say that every child should have at least a quart of milk each day. The real problem is getting him to consume it.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that a goodly part of the "quart-a-day" can go into cooked foods. There are so many ways to use milk in preparing regular meals that the daily quota should not present a problem.

Breakfast cereals are better in flavor and nutritive value when they are cooked with milk instead of water. Either skim or whole milk can be used. Milk can be used to good advantage as a binding agent for scalloped or au gratin vegetables, for souffles and croquettes.

Vegetables or left-over meat dishes may be served with a white sauce made of flour, milk and butter or another fat. White sauce is often used when gravy is not available.

Milk, either skim or whole, can be used as a basis for desserts, soups and beverages. If you vary the other basic ingredients and the flavor or seasoning, there need be no danger of monotony.

If you want recipes for dishes using milk, write for a copy of Miss Cook's leaflet, COOKING WITH MILK. Send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST FRIDAY, APRIL 9, 1948

Home Gardens Are Under Way

(1:00) April sunshine is bringing home gardeners out in force. In every section of the state--urban as well as rural--families are at work to help fight the world food battle with peacetime "victory" gardens. If you've been a bit tardy in making your plans for a garden, there is still time to get it under way.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that a home garden can mean better family meals--and meals at lower cost. But it can mean much more to a family than merely a source of food.

Home gardening can provide healthful recreation and education for every member of the family. It can develop teamwork and fellowship between family members of all ages. The home garden--when correctly planned and organized--is a project in which every member has a share.

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Check for Fire Hazards

(:15) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that many fires are caused by poorly insulated stovepipes extending through walls. Clearance of 18 inches should be provided between stove pipes and wood surfaces.

The time to check equipment is now--before the accident occurs. Tomorrow may be too late.

JEH:lk
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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, APRIL 10, 1948

Custard--How to Prevent Curdling

(1:00) Custard, baked or steamed, is a popular dessert and one that calls for few ingredients. It is a dessert, however, that presents a number of problems when it comes to the making. Frequently the mixture curdles or separates.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that the method of mixing the ingredients is very important, even though the recipe for plain custard is simple. When making custard--or any other dish that calls for hot milk to be added to the egg--mix the sugar with the egg and NOT with the milk.

The hot mixtures or liquids should be added to the egg a little at a time. Keep the temperature low--whether steaming or baking the mixture--and do not overcook.

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Clean Up--But Do It Safely

(:15) Spring Clean-Up Week provides a time to set the home in order--indoors and out. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests that we take time to work safely.

It is wise to save a few of the jobs to do tomorrow and on following days--instead of trying to complete the task in one day. When we become over-tired and nervous, we become more careless. Take time out to rest occasionally--it's safer.

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FOR BROADCAST SATURDAY APRIL 10, 1948

Before You Start to Can

(1:00) The canning season is almost here. In just a week or two, early vegetables will be maturing in home gardens in many sections of Illinois. Equipment should be checked and tested now in order to speed the canning work.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that one important step in getting ready for home canning is to check and wash jars and lids. Whatever kind of jars or lids you use, be sure they are perfect and clean.

Discard any with cracks, chips or dents--defects prevent air-tight seals and cause food spoilage. If the jars require rubber rings, have clean, new rings of the right size for the jars. Do not test rings by stretching.

Check the amount of equipment--jars, closures, rings--you have on hand, do your best to anticipate your needs for the season and then make your purchases. Supplies are usually adequate at the start of the season, and buying in advance will usually save shopping time.

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Let's Be Garbage-Can Cheaters

(:30) What happens to the waste fats and oils in your kitchen? Do you save them and turn them in to your grocer or butcher for cash--or do you send them down the sink drain or to your garbage can?

Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, says that saving waste fat and selling it is not only thrifty, but one of the simplest ways to dispose of it. If it is poured down the drain, the drainpipes are soon a case for the plumber. If it goes to the garbage can, the grease soaks through paper garbage bags and stains the metal container.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, APRIL 12, 1948

Pie Crust--Crisp or Soggy?

(1:00) The old saying, "a pie is as good as its crust," really should read "a pie is as good as its BOTTOM crust." It is the bottom crust that causes the difficulty. Just what to do to prevent it from becoming soaked and soggy is the problem.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says that correct baking temperature will turn the trick. Custard-type pies and fruit pies are the worst offenders. Usually if they are baked at about 450°F. for the first 10 or 15 minutes, there is less tendency for the bottom crust to soak.

The logical method is to start with a hot oven--a temperature of about 450°F.--and then reduce the temperature after about 10 or 15 minutes to finish the cooking. The crust bakes quickly, and less of the filling soaks into the crust.

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Check Electric Cords and Outlets--Play Safe

(:45) Spring Clean-Up Week is a good time to check electric cords and outlets from attic to basement. Defective ones should be repaired promptly or discarded.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that frayed or worn cords are not safe to use. Unless they can be repaired, they should be discarded.

Cords should be protected from friction--they should not be run over nails or around pipes or radiators. Avoid overloading. One cord can rarely handle light, toaster, and iron at the same time.

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FOR BROADCAST MONDAY, APRIL 12, 1948

Waterproofing Shoes--How to Do It

(1:15) Spring rains take their toll of footwear. Waterproofing work shoes and hiking shoes will help to protect the leather and serve as a "first aid" in keeping feet dry.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says that shoes can be waterproofed at home and the job is not difficult to do. Use neat's-foot oil, cod oil, tallow, wool grease, castor oil or a mixture of these.

Spread the warm grease on the upper part of the shoe with a cloth, and rub it in thoroughly. The palm of the hand is the best tool to use for the rubbing.

To grease leather soles and the seams that join the soles to the uppers, place the shoes in a shallow pan. Add just enough grease to cover the sole. If the heels are rubber, let them extend over the outer edge of the pan so that the grease will not touch them. RUBBER HEELS AND SOLES SHOULD NEVER BE OILED--GREASE SOFTENS THE RUBBER.

Miss Carl gives one precaution about waterproofing shoes: The treatment makes them waterproof and likewise almost airproof. Shoes that have been waterproofed may be uncomfortable for some folks to wear.

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Tin Cans Call for a Sealer

(:30) If you are planning to use tin cans for your food preservation work this season, be sure you have a sealer in good working order. Or arrange to can at a community center where a sealer is available.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that the sealer must be properly adjusted. To test the sealer at home, fill a can about half full of water and seal it. Submerge the can in boiling water for a few seconds. If air bubbles arise from the can, the seam is not tight. Adjust the sealer, following the manufacturer's directions to the letter.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, APRIL 13, 1948

First Aid for Stains

(1:00) A stain or spot on clothing calls for prompt action. Delay usually spells difficulty. Very often the work can be done at home if simple rules are followed.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says the first step is to find out what made the stain. Some stains are "set" by treatment that would remove others. It is important to know the material, for cotton, linen, synthetic fabrics, silk and wool often need to be treated differently.

Treat promptly, and try simple methods first. They often get the desired results without harming the fabric. Work carefully, and experiment on a sample of the material or on some inconspicious part of the garment--seam, underside of hem--before you try to remove the stain from the garment. Rub the material gently, and do not hurry. If one "try" or application does not remove all of the stain or spot, repeat the process.

If you want suggestions for methods for removing stains, write for Miss Gray's leaflet, "STAIN REMOVAL." Send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST TUESDAY, APRIL 13, 1948

Gloves--Pointers on Buying

(:30) Careful buying is the order at glove counters these days. Quality gloves that suit both the costume and the pocketbook are difficult to find. The supply is still far short of demand, and prices are high.

Miss Dorothy Durrell, clothing specialist, University of Illinois College of Agriculture, says that before we step up to the glove counter we should analyze our needs. We should decide what type of gloves we want--sport, street, dress--and how they'll be used. On this basis we can select material, style and color.

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Cinnamon--For Good Flavor

(:45) Of course you've used cinnamon to flavor baked goods--rolls, spice cakes and cookies, puddings and pies. But why use it only for baked goods? The experts say that it has a variety of other uses. Let's find out.

Miss Ruth Keys, foods research specialist, University of Illinois College of Agriculture, suggests that cinnamon sticks make good muddlers in hot drinks. Small sticks are fine served with after-dinner coffee.

Cinnamon in combination with any form of chocolate is always delightful. Try a small amount in some of your favorite chocolate recipes--devil's food cake, brownies, chocolate sauce for vanilla ice cream. Just remember to add the cinnamon with a light hand--it should enhance the flavor of the food, not mask it.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, APRIL 14, 1948

Your Child Likes Music--Sing to Him

(1:15) Do you feel that you should not sing to your child because your voice is untrained? If you can carry a tune at all, you should certainly sing to him; and, as soon as you can, interest him in singing with you.

Miss Eleanor Neff, child development laboratory, University of Illinois College of Agriculture, says that even very young children--two years or younger--like to hear music. By the time the child is three, he has usually come into full enjoyment of it.

Self-expression is the desired end, and the child should not be made self-conscious. The parent who is willing to help--to suggest a bit and let the child alone--is the parent who will be successful.

Encourage your child to sing with you, even though as a beginner he sings two bars behind you and doesn't land in the correct key. Remember, he is getting the idea of singing and in a short time will improve--unless you become discouraged, or discourage him.

MUSIC IS LIKE SPEECH. Let the child hear good singing and playing in early childhood, and his appreciation of music will come as naturally as does good speech.

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FOR BROADCAST WEDNESDAY, APRIL 14, 1948

When You Can Asparagus Use Pressure Canner

(1:00) Asparagus is maturing in home gardens. Very soon it will be in local markets in quantity. If you are planning to can asparagus for next winter, be sure to use a pressure canner for the processing.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that asparagus is a low-acid vegetable. To process it safely in a reasonable time takes a temperature higher than that of boiling water. The best way to get this temperature is to hold steam under pressure, and a pressure canner is the answer for home canning.

If you have no pressure canner and do not wish to buy one this season, perhaps you can team with a friend or neighbor. During the war, when canners were short in supply and rationed, many families shared equipment. Or perhaps you can make arrangements to do the processing at a community center where equipment is available. DON'T ATTEMPT TO CAN ASPARAGUS UNLESS YOU USE A PRESSURE CANNER FOR THE PROCESSING. BE SURE THAT THE EQUIPMENT IS IN CONDITION AND THAT YOU OPERATE IT CORRECTLY.

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It's the Cooking Plus the Seasoning That Counts

(:45) It matters little how simple the meal is so long as it is well cooked, well seasoned and attractively served. The days of many-course dinners and elaborate foods seem to have vanished. Simplicity is the order in these days of high prices and crowded schedules.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that casserole dishes are real time-savers--provided we select them with time-saving in mind. Such combinations as Macaroni with Dried Beef and Mushrooms, Spanish Rice with Meat,Ham and Scalloped Potatoes are satisfying and easy to prepare.

These casserole dishes call for no attention during the baking period. Every good cookbook lists recipes for preparing them.

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Homemaking
Radio News

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FOR BROADCAST THURSDAY, APRIL 15, 1948

Do You Have Biscuit-Making Troubles? Here's "First Aid."

(1:15) What's your score as a biscuit maker--100 percent, or is your average around 80 or 85 percent? Biscuits--tender and flaky and golden brown--should be easy to make, but even experienced cooks report that there are times when something just seems to go wrong.

Miss Virginia Charles, foods research specialist, University of Illinois College of Agriculture, says that biscuits present a number of hazards, and most of them have to do with the mixing and baking. Usually, when we turn out biscuits that are heavy and compact we say that too much flour has been worked into the dough. There are a number of other reasons for tough, heavy biscuits.

If the dough is overmixed or overkneaded, or if the oven isn't hot enough, biscuits will be compact. (Baking temperature should be 425-450°F.) When biscuits are small in volume, check the amount of baking powder. If the correct amount was used, the small volume is probably due to the baking. The oven was not hot enough.

When biscuits are light and tender and large in volume--but still not flaky--check the mixing. Either the shortening was put into the mixture too finely,or the dough wasn't kneaded enough. Undermixed biscuits usually lack both flakiness and volume.

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FOR BROADCAST THURSDAY, APRIL 15, 1948

Keep Stairways Clear--Take Time to Walk Safely

(1:00) Falls account for more home accidents than any other one thing. Many falls in homes occur on stairways. Such accidents don't just happen--there is always a cause.

Miss Gladys Ward, home management specialist, University of Illinois, says that many stairway accidents occur because we are careless. We stack packages and boxes on the lower steps to be carried up later. We leave cleaning equipment--brooms, dust-pans, mops--on the stairway while we answer the phone or doorbell. Such habits invite accidents.

Hurry is another cause of stairway accidents. We race up and down stairs--frequently without taking time to turn on the light. We carry loads that are too big to see over, or around, and miss our footing. We fail to keep one hand free to use the safety rail.

Stairsteps should be kept clear at all times--night and day. Loads should be gauged to give a clear view of the steps. Stairways should be well lighted, and loose rugs should be kept away from stairways--both at the head of the stairs and at the foot of the stairs. Make it a habit to walk up and down stairs--to take time to be safe.

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Blankets--Repair Them Before You Send Them to Storage

(1:00) Warm weather means a change in bed furnishings. Very soon the heavier blankets will be on their way to the storage closet. It is a good plan to examine them carefully and take care of needed repairs before they are tucked away for the summer. Repairs should be made before the blankets are washed.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, suggests that frequently the blanket binding needs attention. If the binding is worn on a blanket that is still good, it should be replaced.

Bias binding--cut especially for blankets--can be purchased in a variety of colors and materials. Rayon ribbon also may be used. Select a binding to suit the blanket, and shrink it before you use it. Sew it on loosely--ease it on because the blanket tends to stretch and makes the binding appear tight. This is one time when it is wise to baste before you stitch.

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Homemaking
Radio News

:RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, APRIL 16, 1948

Grease Spots on Wall Paper--How to Treat

(1:15) Cleaning wallpaper is one of the tasks that goes along with the spring season. Ordinary soil usually presents no difficult problem--it can be removed by using a homemade or commercial cleaner. It's the occasional grease spot that calls for special treatment.

Whether grease can be removed from wallpaper satisfactorily depends somewhat on how long the spot has been on the paper. Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that old spots are very difficult to remove--sometimes impossible. Fresh ones can sometimes be treated successfully.

Make a thick paste of water and either French chalk or powdered magnesium. Apply the paste to the grease spot, and let it dry thoroughly for 24 hours. Brush it off carefully, and make a second and third application if necessary.

Another paste can be made of cornstarch and carbon tetrachloride. Apply in the same way, but be sure to test on a sample of the wallpaper to be sure that it will not affect the color.

Old grease stains will spot new wallpaper. They should be sealed with a coat of aluminum paint or shellac before the new paper is applied.

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FOR BROADCAST FRIDAY, APRIL 16, 1948

Canning Equipment--Is Yours Ready?

(1:15) Early fruits and berries will be on their way to local markets in a few short weeks. If you are planning to can them for winter meals, equipment should be assembled well in advance. Fruits--especially berries--are perishable, and delay means waste.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that a hot-water bath is satisfactory for processing. Fruits are high in acid, and a boiling temperature--212°F.--is sufficient. (The hot-water bath should not be used for processing low-acid vegetables and meats. A pressure canner is necessary.)

Special equipment for the hot-water bath may be purchased ready for use. But before you buy, check the equipment you have on hand. You may be able to assemble it from things you have. The first requirement is a large utensil--a wash boiler, large kettle or lard can--with a tight-fitting cover. The utensil should be deep enough to permit water to cover the jars or cans and to boil rapidly.

The other requirement is a sturdy rack to fit the bottom of the utensil, on which to place the containers of food. A board with large holes bored through it to allow water and steam to circulate, strips of wood nailed together criss-cross fashion, or a strong, firm wire rack is suitable.

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Vitamins--Small but Important

(:15) One thing is true of all the known vitamins: Tiny amounts handle big jobs. But tiny though these amounts are, they are essential to health.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that if we eat the foods needed for all-round health each day, we'll get the vitamins we need.

Variety is important, and when we eat a large variety of nourishing foods we get all of the known vitamins. In addition, we may be getting unknown vitamins--vitamins not yet discovered, but working for us just the same.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, APRIL 17, 1948

Crisp Salads Belong in Spring Menus

(1:00) A really fine meal rates a green salad, the simpler the better. So many crisp, fresh vegetables--leaf lettuce, cress, dandelion--are coming to market that they are easy to prepare and easy to keep interesting.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that anyone who can turn out a masterpiece of properly dressed leafy vegetables need not worry about her ability as a cook. Rules are so simple that anyone interested can learn the art.

Wash the crisp leaves gently, and then shake them in a towel until no water clings to them. If the leaves are large, tear them with the fingers--don't cut them. Everything should be ready and waiting--dressing, bowl, seasoners--and the mixing done at the last moment.

Use just enough dressing to coat each leaf completely--no extra liquid should collect in the bottom of the bowl. A wooden fork and spoon is "right" for mixing or tossing the salad. Roll the leaves over and over, being careful not to crush them. Serve the salad promptly--as soon as it is mixed.

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FOR BROADCAST SATURDAY, APRIL 17, 1948

Care of Clothing--Day-by-Day Repair

(:45) Keeping up with the family wardrobe--trying to have all garments in condition to wear--is a job that calls for plenty of attention. It means checking garments regularly and mending them promptly.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says that attention to a new garment will usually save mending later on. Buttonholes on ready-to-wear garments often need repair.

If the buttonholes are weak or raveled, rework them with a buttonhole or blanket stitch. If the buttonhole is completely raveled, machine-stitch close to the edge of the hole to stay or strengthen it. Then work the buttonhole by hand, and "fasten off" with stitches that will strengthen the end of the buttonhole.

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Study the Job--To Save Time and Energy

( ) Routine housework--washing dishes, making beds, dusting--takes considerable time every day of the week. Illinois women are working to reduce both time and energy spent in doing these day-by-day jobs.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that the first step in saving time and energy is to study the job you are doing. Decide what parts of it are essential. Determine the order in which the essential parts should be done, and select the best equipment for doing the work.

Set a standard for the finished job, and then work with both hands instead of one. This will keep your time and motions to a minimum.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, APRIL 19, 1948

Rural Illinois Is Singing--And Good

(:45) Illinois rural families enjoy singing. In fact, they enjoy it so much and consider it so important that they take "time out" in the busiest season of the year for rehearsals and to attend county and district meetings.

Robert Haley, director of the Illinois Rural Chorus, says that 25 counties have already organized choruses, selected directors and have their rehearsals under way. Six or seven other counties are making plans to organize.

Members of the Illinois Rural Chorus have already scheduled three major appearances for the summer--State Fair, Springfield; Sports Festival, University of Illinois; and Toronto, Canada, where they will sing before the Canadian National Exhibition.

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State Nutrition Conference--You're Invited

(:30) State Nutrition Conference is scheduled for April 30 and May 1, Leland Hotel, Springfield, Illinois. The conference will open at 9 o'clock, Friday morning, DAYLIGHT SAVING TIME.

One of the outstanding speakers is Dr. Robert G. Kesel, University of Illinois College of Dentistry. Dr. Kesel will discuss the studies he has under way with school children in Illinois. He will speak at the Friday afternoon session.

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FOR BROADCAST MONDAY, APRIL 19, 1948

Pull the Switch--Don't Take Chances

(:45) Electric washing machines are still short in supply, and prices are high for "just average" budgets. If you are so fortunate as to own an electric washer, give it the best possible care.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that certain precautions are in order when electric washers are concerned. It is important to disconnect the machine from the electric circuit before we adjust or oil any part of it.

After the machine has been used, the electric plug should be pulled. The connecting cord should be placed out of the reach of young children, and in a place where it will not become wet or dusty.

Let's remember that accidents don't happen--there is always a cause. Let's do our best to remove those causes.

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Last Call to Assemble Canning Equipment

(1:00) The canning season is here. Rhubarb is ready in many home gardens, and asparagus is on the way. There will be less work and spoilage and better products if good equipment is used, and if it is assembled in advance.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that most of the small articles used in canning are a part of the usual kitchen equipment. Checking the equipment on hand before we buy will save shopping time as well as pennies.

You'll need a stiff brush for cleaning fruits and vegetables. One that fits the hand and is easy to use will speed the job. Sharp knives, spoons, measuring cups, a strainer or colander, bowls, kettles, and a scale if supplies are to be measured by weight, are other important and quite necessary items.

A large-mouth funnel is convenient for filling jars and cans. A jar lifter makes it easier to put jars or cans into hot water and to remove them after the processing is done.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, APRIL 20, 1948

Check Laundry Equipment--Save Time and Energy

(1:30) Do you dread washday? If doing the family laundry is a tiring job, why not check your methods of work? Often considerable time and energy can be saved by rearranging some of the equipment.

Miss Angelene Helleberg, home management specialist, University of Illinois College of Agriculture, reminds us that stooping is very tiring. One-third of the energy needed for hanging up clothes can be saved by having the clothes basket at your waist height--instead of on the floor or ground.

If you are hanging clothes indoors, a box, stool, bench or backless chair fitted with casters may be used to hold the basket. Basket carts can be purchased and are quite reasonable in price.

For out-of-door clothes-hanging, a coaster wagon is a first rate basket holder. Or a frame set on a baby carriage chassis will carry the wet clothes to the line with minimum effort on your part.

Instead of stooping to pick up clothes pins, use a bag fastened to a clothes hanger. It can be pushed along the line as you hang the clothes, and the pins will always be within easy reach. Or, if you prefer, tuck the clothes pins into an apron made for the purpose. With it tied securely around your waist, you'll save both time and energy.

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FOR BROADCAST TUESDAY, APRIL 20, 1948

Flower Arrangement--Here Are Suggestions

(:45) No doubt you've heard the adage, "Better to see once than to hear a hundred times." It may not hold in all fields, but there is no question about it when arrangement of flowers is concerned. Seeing how to do it--a picture or an illustration--does help.

The University of Illinois College of Agriculture leaflet, "FLOWER ARRANGEMENT," is available on request. It is made up entirely of illustrations--it carries no text. One section pictures types of containers and holders. The other section is devoted to flower arrangement, and more than a dozen different arrangements are illustrated.

If you wish a copy of"FLOWER ARRANGEMENT," write to the University of Illinois College of Agriculture, Urbana, Illinois.

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Dr. Robert Graham--State Nutrition Conference

(:30) Dr. Robert Graham, dean of the College of Veterinary Medicine, University of Illinois, is scheduled to speak at the State Nutrition Conference, Springfield, Friday evening, April 30. Dr. Graham will discuss animal diseases in relation to public health.

The State Nutrition Conference opens Friday morning, April 30 (daylight saving time) and will close Saturday noon, May 1. Professional and lay groups from all sections of the state are planning to send representatives. The meeting is open to the public. Anyone interested in nutrition and nutrition problems is invited to attend.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, APRIL 21, 1948

Angel Cake--Bake at Higher Temperature

(1:15) Remember the days when directions for angel cake said, "Bake at 300-325°F. for approximately one hour"? That rule still holds if you want to take the time to follow it, but research indicates that angel cake can be baked at higher temperature and for a shorter time.

Mrs. Barbara Wheeler, foods research specialist, University of Illinois College of Agriculture, recommends baking at 425°F. for about 15 minutes, or until the top of the cake is light brown. This allows a protective crust to form on the sides of the cake so that the interior will cook slowly.

When the top is light brown, turn off the oven, and let the cake continue baking until it tests done. This will require about 10 more minutes.

To test for doneness, insert a fine cake tester into the center. The cake is done when no batter clings to the tester. When you remove it from the oven, invert the pan until the cake is cool. This prevents the delicate cake from falling.

If you wish the recipe for angel cake used in the baking tests, send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST WEDNESDAY, APRIL 21, 1948

Top-Flight Speaker--State Nutrition Conference

(:30) Dr. Margaret Ohlsen, professor of foods and nutrition, Michigan State College, is scheduled for the opening session of the Illinois State Nutrition Conference April 30--May 1, Leland Hotel, Springfield, Illinois. Dr. Ohlsen will report on recent developments in the nutrition research field.

The conference opens at 9 o'clock--daylight saving time--Friday morning with registration. Regular sessions begin at 10 o'clock. The entire conference program is keyed to community nutrition programs and problems.

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Asparagus--Make Room for It in Freezer Locker

(1:30) Asparagus is maturing rapidly in home gardens, and very soon it will be ready for serving. It's a good plan to start your preservation program early, for the "experts" say the young, tender stalks are best for storing.

If you have a home freezer or space in a locker, you'll probably want to freeze your supply of asparagus. Most folks are agreed that freezing preserves more of the fine flavor and color than does canning. Dr. Frances VanDuyne, food research specialist, University of Illinois College of Agriculture, says that asparagus is easy to prepare for freezing. She gives these directions:

Start with freshly cut, first-quality asparagus. Wash it thoroughly in clean, cold water, and discard injured or inferior parts. Blanching is the next step--and an important one, so don't omit it.

Weigh one pound of the asparagus into a wire basket or sieve, and lower it into a kettle with six quarts of boiling water. Cover the kettle and blanch for 3 minutes--exactly--keeping the heat turned on. Plunge the basket into a kettle of cold water, and cool as quickly as possible. If running water is not available, use three or four pails of cold water so that you can change the asparagus from one to the other quickly.

When the asparagus is thoroughly cooled, drain and package, using containers that can be sealed tightly. Freeze promptly.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, APRIL 22, 1948

Water Softener--How to Measure Amount Needed

(1:15) Soft water is needed for good laundry work. If your home is not supplied with it, you can save both time and money by using a softener.

Home management specialists of the University of Illinois College of Agriculture say that it is important to use the correct amount of softener to take care of the water. Too much softener leaves free alkali in the water. This weakens fabrics and is hard on the hands. The specialists suggest that you use this simple test to determine the amount of softener needed:

Fill a tub with hot water, checking the amount accurately. Add one-half teaspoon of softener for each gallon of water. As soon as the softener reacts--curds usually form in five minutes or less--dip out a pint of water and add to it one-half teaspoon of soap flakes, powder or soap solution--depending on the type you use for your laundry work.

If suds do not form, add more softener--one-half teaspoon per gallon--to the water in the tub. Wait for this to react, and then test as before. Repeat tests until a good suds forms. (Tests indicate that efficient washing requires a standing suds of two inches.) Make note of the amount of softener needed for each gallon of water, and use that amount for your laundry work.

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FOR BROADCAST THURSDAY, APRIL 22, 1948

Containers--For Freezing Fruits and Vegetables

( ) The quality of frozen fruits and vegetables depends to a great extent on the containers used for storage. Now--just ahead of the preservation season--is the time to check the different types available and make your selection.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says that only containers that can be sealed tightly and that will not leak should ever be used. Unless products are packaged correctly, they will dry out, lose some of their nutritive value and much of their fine flavor and color.

The more nearly moisture-proof and vapor-proof a container is, the better the frozen product will be. There are several types of containers on the market--rectangular cartons with inner linings, waxed cartons and cartons that are used with cellophane bags. A rectangular carton with a cellophane bag attached to the inside makes an excellent container. The bag may be sealed--airtight--with a hot curling iron or flat iron.

Cylindrical cartons are easy to fill and are not likely to leak. They waste storage space, however, and the seal is not always air-tight. Glass jars may be used, but they too waste storage space and there is always danger of breakage. When glass jars are used, the food must be partially thawed before cooking, in order to remove it from the jar.

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Salvage Waste Fat--World Needs It

( ) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us to save waste kitchen fats and help ourselves to a bit of extra cash. Every drop we can salvage is needed to ease the world shortage of fats and oils. Grocers and meat dealers will pay for every pound we turn in to them.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, APRIL 23, 1948

Enrollment--Illinois Safe Homes Program

(1:00) Home safety news is good these days. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reports that 10,483 Illinois families, living in 40 counties, have enrolled to date in the Safe Homes Program.

McLean county tops the list with 793 families enrolled. Other counties in the top bracket are Macoupin, Iroquois, Champaign, and Peoria.

The Illinois Safe Homes Program is sponsored by the University of Illinois Home Economics Extension in cooperation with the Illinois Home Bureau Federation and the National Safety Council. Enrollment is open to any person, club or group, and enrollment sheets are available at county extension offices throughout the state.

The purpose of the program is to prevent home accidents and to secure accurate information on the causes of home accidents.

ACCIDENTS DON'T JUST HAPPEN--THERE IS ALWAYS A CAUSE.

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Pressure Canners--Have Them Checked

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that a pressure canner is of no value unless it is in good working order. It must maintain the temperatures required for safe processing. For this reason it is especially important that the pressure gauge be checked for accuracy.

In every community there is an agency prepared to check pressure gauges. If you do not know where to have the work done, contact your county home or farm adviser. They can give you the information.

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FOR BROADCAST FRIDAY, APRIL 23, 1948

Eggs Deserve Good Storage--Here's How

(1:00) It's a waste of money to buy top-quality eggs unless you store them carefully. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that the three C's apply when it comes to storage. Eggs should be stored clean, covered and cold.

Eggs with clean shells keep best. Wipe off soiled spots with a damp cloth, but don't wash them until just before you use them. When eggs are first laid, the shells have a film known as the bloom. This film seals the pores and helps keep out bacteria and odors. Washing removes this protective film.

Store eggs in a covered bowl or pan, away from strong smelling foods. Eggs that are stored uncovered lose moisture and are likely to absorb odors.

Temperature is important. Keep eggs in the refrigerator or some other cold place. Eggs stored at room temperature lose as much in quality in three days as those kept two weeks in a good refrigerator.

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Dr. William Shanahan--Conference Speaker

(:30) Dr. William Shanahan, professor of psychiatry, University of Chicago, is scheduled to speak at the State Nutrition Conference Saturday morning, May 1, Leland Hotel, Springfield, Illinois. Dr. Shanahan's topic is "Psychiatric Thoughts on Nutrition."

The conference will open with registration Friday morning, April 30 at 9 o'clock--daylight saving time--and will close at noon Saturday, May 1. Groups throughout the state--public health, women's clubs, parent-teacher associations, Red Cross, Home Bureau Federation, schools, medical and dental associations--will be represented. The conference is open to the public, and anyone interested in nutrition and nutrition problems is invited to attend.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, APRIL 24, 1948

Lemon-Cream Dressing--Adds New Interest to Fruit Salads

(1:15) Fresh fruit salads, tart and colorful, are just the thing for springtime menus. Citrus fruits--oranges and grapefruit--are in good supply and very reasonable in price. Apples are still in market, and pineapple is gradually returning. Strawberries are coming from southern states now, and very soon home-grown ones will be available.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that Lemon-Cream Dressing brings out the true fruit flavors and adds a bit of extra zest and tang for good measure. It is quick and easy to prepare and unusually attractive to serve.

To prepare about one cup of the dressing, use 3 tablespoons of honey, 1 tablespoon of lemon juice and 1/2 cup of whipping cream. Combine the honey and lemon juice a half hour or more before serving time in order to blend the flavors. Just before you are ready to serve the salad, whip the cream and blend in the honey and lemon juice. Serve on the fresh fruit salad.

Miss Cook gives one precaution to keep in mind regarding the dressing: The dressing separates on standing, so prepare it just ahead of serving time. It cannot be stored successfully.

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FOR BROADCAST SATURDAY, APRIL 24, 1948

Your Pressure Canner--Know How to Operate It

(1:15) If you are planning to can vegetables that are low in acid--peas, beans and corn, for example--you'll want to use a steam pressure canner for the processing. It is the only way in which a sufficiently high temperature can be secured in home canning to insure safe keeping of the products.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that when we use a pressure canner we are working with steam under pressure. Directions for operating the equipment should be followed to the letter.

There are a number of types of pressure canners on the market. A book of directions for the care and use of the equipment is supplied with every canner. Now--ahead of the canning season--is the time to study the directions. Learn the different parts of the canner, the purpose of each, how to operate the equipment and how to clean it.

Efficient operation of the canner is necessary for efficient processing. Efficient operation is likewise necessary to the safety of the worker. Let's remember that when we use a pressure canner we are working with STEAM UNDER PRESSURE. Let's take time to learn to work safely.

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Leisurecraft and Counseling Camp--May 24-29

(:15) The thirteenth annual Leisurecraft and Counseling Camp is scheduled for East Bay, Lake Bloomington, May 24-29. The program is planned especially for camp counselors and camp directors.

E. H. Regnier, rural sociologist, University of Illinois College of Agriculture, is in charge of arrangements. He suggests that you contact the home adviser in your county immediately if you wish to attend. Deadline for registration is May 10.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, APRIL 26, 1948

Check Grade and Cut--When Buying Meat

(1:15) Money-saving meals that are nutritious and satisfying are the order these days. Wise buying and careful preparation will make food pennies bring good returns.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that the meat counter is one spot where food pennies can be saved. If you are looking for good buys, be sure to consider the grade and the cut.

You'll usually pay less per pound for the meat if you choose U.S. Good, Commercial or Utility grades of beef instead of the top grades, Prime or Choice. Also, you may get more lean meat to the pound, since the less expensive meats often have less marbling of fat.

Ask about the less popular cuts of pork, lamb and veal. Plan to use the organ or variety meats--liver, heart and kidneys--when they are available. The protein in these cuts is just as good nutritionally as in the expensive cuts. In some variety meats it is even better.

Of course, in comparing prices of cuts, you'll need to allow for bone and gristle. These are weighed right along with the meat and raise the cost of the edible portion.

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FOR BROADCAST MONDAY, APRIL 26, 1948

State Nutrition Conference--Plan to Attend

(:15) If you are interested in nutrition and nutrition problems, plan now to attend the State Conference scheduled for April 30 and May 1, Leland Hotel, Springfield.

The program is keyed to school and community nutrition work, and outstanding speakers have been scheduled. The conference opens at 9:00--daylight saving time--April 30 and closes at noon May 1. You are invited to attend.

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Does Your Washing Machine Do Good Work? If Not, Check These Points.

(1:00) If your washing machine isn't doing an efficient job, check your methods of work. Perhaps the machine load is too heavy.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that overloading the machine makes it impossible to get the clothes clean. It also damages the motor.

To determine what load your machine will wash best, watch the way the water swishes the clothes around as they are dropped in. So long as there is free movement of clothes and water, the load is not too heavy. THE RIGHT LOAD PERMITS THE CLOTHES TO TURN OVER IN THE WATER WITHOUT CROWDING.

Quick washings are cleanest. If washed longer than necessary, the clothes soak up the dirt from the water. Washing by the clock saves time and fuel. It also helps to prevent wear and tear on both the machine and the clothes.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, APRIL 27, 1948

Aluminum Pots and Pans--How to Clean

(1:00) Aluminum cooking utensils are popular with home cooks. They are light in weight, durable and good looking. However, they do present a problem when it comes to the cleaning. They are difficult to keep bright and shining.

Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, says that it is the hardness of the water that causes much of the difficulty--especially through our mid-western area. Hard water does tend to turn aluminum dark.

However, it is very easy to remove the dark stain that is caused by the hard water or by food. Boil in the utensil a solution of 2 tablespoons of vinegar or cream of tartar to each quart of water. Then wash with soap and water in the usual way.

Aluminum utensils should not be scoured with harsh abrasives if the surface is to be kept smooth and free of scratches. After washing with soap and water, rub with a cleansing pad of fine steel wool, then rinse and dry thoroughly.

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FOR BROADCAST TUESDAY, APRIL 27, 1948

Frozen Fruits--How to Thaw

(1:15) Frozen fruits are popular for desserts, but there is a trick in thawing them so that they retain all of their fine flavor and color.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that we should thaw only enough for one meal at a time. Frozen fruit loses its freshness very quickly after it has thawed. The texture becomes oversoft and the fresh flavor and color decreases.

If your family is small, cut a large package of fruit in two before thawing. Rewrap the unused part and keep it frozen.

Always leave the fruit in the sealed container during the thawing period for best flavor and color. Turn the package several times during thawing to keep the fruit coated with syrup and prevent darkening. If you thaw it in the refrigerator, allow 6 to 8 hours for a pound package. At room temperature, the time is shortened to 2 to 3 hours.

When you wish to thaw the fruit quickly, place the package--keep it sealed--in cold running water for a half to one hour. Fruit packed with dry sugar thaws more quickly than that packed with syrup.

Never freeze fruits after they have been thawed. To keep them, cook them first and then store them in the refrigerator.

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Save and Sell--Waste Kitchen Fats

(:30) American homemakers saved almost 7 million pounds of waste fat during the war years. Fat salvage is still good business--good for our pocketbooks and good for the world.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that the world-wide supply of fats and oils is still very, very short. We can help by saving used kitchen fats and selling them to our meat dealer or grocer.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, APRIL 28, 1948

Problem Windows--Tall and Narrow

(1:30) Fresh, crisp window curtains are the order for spring. Now that more materials are available many homemakers are replacing curtains they patched and darned and "made do" during the past few years. However, some windows present problems, and the tall, narrow ones seem to be one of the chief offenders.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that tall, narrow windows do call for special treatment--especially if you do not want them to appear tall and narrow. If you want to make them appear shorter and wider, emphasize the horizontal lines.

When curtains or draperies are used alone, bring them just to the sill or the edge of the apron. Make them full to increase the width of the window and tie them back with a low tie. Material with a horizontal design will also make the window appear wider.

When both curtains and draperies are used you have a choice as to length. The curtains may hang to the sill and the draperies to the edge of the apron. Or the curtains may hang to the sill or the edge of the apron and the draperies--held back with a low tie--may hang to the floor.

Rods extended over the window frame so that the curtains may be pushed back to cover the wood trim give windows a wider appearance. The use of a cornice board or valance makes a window appear shorter.

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FOR BROADCAST WEDNESDAY, APRIL 28, 1948

Our Food Supply--Will It Be Adequate?

(1:00) Opinions seem to differ regarding our food supply for the months ahead. Some economists say we'll not have enough here at home if we help hungry nations in Europe and Asia. Others say that our supply will be adequate.

At the Illinois State Nutrition Conference, Friday morning, April 30, Leland Hotel, Springfield, Dr. R. G. Mutti will discuss the problem. Dr. Mutti is a member of the Agricultural Economics Department, University of Illinois College of Agriculture, and studies the food situation day-by-day. He'll have authentic information and information that is of importance to all of us.

The State Nutrition Conference--April 30-May 1--is an open meeting. Professional and lay groups from all sections of the state are sending representatives. If you are interested in nutrition and nutrition problems, plan to attend. Invite your neighbor to attend with you.

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Can Foods Safely--Avoid Spoilage

(:45) Foods cost money,and it takes time and energy to can them. Every jar or can that spoils makes waste. Right now--ahead of the busy season--is a good time to check methods and procedures.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, gives four general rules that will help us can foods efficiently:

1. Can only fresh food, in tiptop condition.
2. Use a boiling water bath for fruits and tomatoes. Use a steam-pressure canner for other vegetables, meats and poultry.
3. Have all equipment in good working order at all times.
4. Follow up-to-date directions backed by research.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, APRIL 29, 1948

Your Vacuum Cleaner--Give It a Chance

(1:00) If your vacuum cleaner doesn't do a thorough cleaning job, perhaps it needs attention. How long has it been since you've examined the brushes? Are you sure they are low enough to reach the surface of the rug or carpet?

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that the bristles wear down in time, and the brushes or the roll needs to be lowered. Most brushes may be lowered two to five times. When the bristles wear too short to reach the surface of the rug or carpet--after the lowest adjustment--then the brush or roll should be replaced.

Here's how to test for proper brush length: Hold the cleaner with the nozzle part up. Lay a stiff piece of cardboard across the nozzle. The bristles should come just above the edge of the cardboard--about one-thirty-second of an inch. TO LOWER THE BRUSHES, FOLLOW THE MANUFACTURER'S DIRECTIONS.

Be particular about keeping the brushes clean--once you have checked the length of the bristles, keep them free from hair and threads. When these collect, they keep the brush from sweeping and cleaning as it should.

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FOR BROADCAST THURSDAY, APRIL 29, 1948

State Nutrition Conference--It Opens Tomorrow

(1:00) Here's a reminder! It comes from Dr. G. L. Jordan, chairman of the Illinois State Nutrition Committee. The spring conference opens tomorrow--Friday, April 30, Leland Hotel, Springfield, Illinois. You are invited to attend.

Registration gets under way at 9 o'clock. The first session opens at 10 o'clock, with Dr. Margaret Ohlson, professor of foods and nutrition,Michigan State College, reporting on recent research developments in the nutrition field.

The two-day conference (which closes Saturday, May 1, 12 o'clock) is keyed to county, school and community nutrition problems. Outstanding speakers in the nutrition field have been scheduled for all sessions. Professional and lay groups from all sections of the state are sending representatives.

If you are interested in nutrition and nutrition problems of your community, plan to attend. The conference opens tomorrow morning at 9 o'clock.

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Home Canning--Points to Remember

(:45) How much canned-food spoilage did you have last year? Did you keep a record? Commercial canners count one percent of spoilage very high. Perhaps we can't control conditions in our home kitchens to the extent that they are controlled in commercial canneries, but we should do our best.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that PROPER HEATING AND CORRECT SEALING are absolutely necessary to successful canning. Food and containers must be heated to temperatures high enough--and the temperatures must be continued long enough--to destroy the bacteria that cause spoilage. Then the container must be so sealed that air--which may contain other bacteria--cannot enter and carry in other bacteria.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, APRIL 30, 1948

Fresh Strawberries--Package for Freezing

(1:15) Strawberries are coming to market from southern states. Very soon they'll be maturing in home gardens. If you have a home freezer or have locker space, you'll want to store some for next winter. It is a good plan, usually, to freeze a package or two from day to day, as the berries mature, instead of waiting until near the end of the season.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says that we need to package berries quickly. They are perishable--delay usually means waste.

Put the berries into the carton and cover immediately with sugar syrup, unless you prefer to use dry sugar. If you are using dry sugar, mix it thoroughly with the berries before you put them into the carton. Seal the cartons as soon as they are filled.

Be sure to leave space at the top of the package if you are covering the fruit with syrup, or if the crushed fruit--juicy fruit--is mixed with sugar. This will allow room for expansion during freezing. Allow 1/4 inch for a pint container and 1/2 inch for a quart container.

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FOR BROADCAST FRIDAY, APRIL 30, 1948

Honey Tricks--These Are Good Ones

(1:30) Honey is in good supply--extracted honey and comb honey--and prices are right for every-day pocketbooks. It gives a delicate and pleasant flavor to a great variety of foods so let's tuck it into our market baskets and make good use of it.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that we need to make a few simple adjustments in the recipes for baked foods when we use honey in place of sugar. No correction need be made for the sweetness, however. Honey has practically the same sweetening power as sugar--measure for measure.

When your cake or cookie recipe calls for a large amount of sugar, you can use honey measure for measure but the amount of liquid must be adjusted. Reduce the liquid called for in the recipe one-fourth cup for each cup of honey used, or, in the same proportion for fractions of a cup.

You'll have a better textured cake if you replace only half of the sugar with honey. The liquid must still be reduced 1/4 cup for each cup of honey used, or in the same proportion for fractions of a cup.

When you replace sugar with honey in your cake, omit the vanilla. The flavor is better without it. Keep the baking temperature moderate--350-375°F.--for mixtures containing honey brown rapidly.

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National Home Demonstration--It Opens Sunday

(:35) National Home Demonstration Week is here. Beginning Sunday, May 2, rural women the country over will be taking stock of their accomplishments--or work done this past year.

In Illinois approximately 50,000 women are members of home demonstration(home bureau) groups. There are organizations in 101 of the counties in the state. County and local groups are planning special activities for the week. There will be special programs, community meetings and demonstrations. Make note of the ones in your community, and plan to attend.

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Homemaking
Radio News

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FOR BROADCAST SATURDAY, MAY 1, 1948

Child Health Day--Time for Taking Stock

(1:30) Today--May 1--is Child Health Day. All up and down our land attention is being focused on the preschool child and his condition of health. What's the program in your community? What is being done to make sure that children will be ready when school bells ring next fall?

Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, reminds us that this day, May 1, is a good time to take stock. Even though the work goes on day by day--PTA groups, women's clubs, home bureau groups working with public health folks--it is wise to decide where special attention is needed.

In addition to being immunized against preventable diseases, such as diptheria and smallpox, children should be examined for physical defects. Eyes and teeth should be checked; and if corrections are needed, they should be taken care of immediately--before school starts in the fall.

Posture should also be checked. Good posture is more important to the well being of children than many of us realize. Children can develop good posture provided they are given the incentive to do so.

Child health is a community problem--a problem that is the responsibility of every adult, every family, every organization in the community. It is a problem that calls for cooperation and plenty of enthusiasm and real work. Let's lend a hand in solving it.

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FOR BROADCAST SATURDAY, MAY 1, 1948

Your Family Car--Check for Safety

(1:30) Has your family car had a good going-over recently? Are you sure it is in condition for pleasant driving--without accident--these lovely spring days?

The National Safety Council is conducting a car-checking campaign all this month. You'll want to help. Here are points to check:

1. Are your lights in proper focus for safe night-time driving?
2. Are your brakes in good condition? Will they stop you in time when another driver stops suddenly in front of you? Will they stop you in time when a child runs in front of your car? Will they stop you when a road hog grabs your right-of-way?
3. How safe are your tires? Are they badly worn--close to a blow-out that would throw your car out of control?
4. Is your car in good condition to keep YOU AND YOUR FAMILY in good condition?

Now and regularly--check your car, check your driving, and help in checking accidents.

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A Day's Food Pattern--It Will Save You Pennies

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says we wouldn't expect to make a dress that would fit without a pattern. So, we should not expect to serve meals to fit our family's nutritional needs without a planned menu--a day's food pattern.

Make a food budget. Decide how much money you can spend for food--how much you must spend to feed your family adequately. Then plan how you will spend it. Base your spending on the basic seven.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, MAY 3, 1948

Glass Utensils--Protect From Sudden Changes in Temperature

(:45) Glass utensils are popular with many modern cooks. They are attractive, easy to clean, and have the advantage of visibility. However, they are sensitive to sudden changes in temperature.

Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, warns that if we want glass utensils to give good service we should treat them right. They should not be exposed to sudden changes of temperature. Cold liquid should not be added to the foods while they are cooking, and hot utensils should not be placed on a cold surface.

Glass utensils are fuel-savers. They absorb and hold heat--a relatively small amount of fuel is required to maintain cooking temperatures. This fact explains the somewhat lower temperature advised for cakes and puddings baked in glass utensils.

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Today's Home Builds Tomorrow's World

(:30) This week--May 2 to 8--is National Home Demonstration Week. The slogan "TODAY'S HOME BUILDS TOMORROW'S WORLD" is being echoed throughout every state, and throughout Alaska, Puerto Rico and the Philippines. Rural women are celebrating--taking stock of their accomplishments for the year just past.

Home bureau groups in almost every county in Illinois are holding special programs during the week. Check the activities in your county--in your community--and plan to attend.

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FOR BROADCAST MONDAY, MAY 3, 1948

Meringue Troubles? Look to the Baking

(1:30) Pies and puddings topped with fluffy, tender meringue are a joy to serve. But how to be sure they'll be fluffy and tender every time we make them seems to be the problem.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says that the baking temperature is very important. If the meringue is tough and sticks to the knife when you cut it, the baking temperature may be the cause.

An oven temperature of 400-425°F. gives a more tender meringue than a lower temperature. Likewise, the high temperature seems to be a real "first aid" in preventing seeping of moisture.

For a tender meringue that can be easily cut--here is the recommendation: Allow two tablespoons of sugar and two teaspoons of water for each egg white used. Beat the egg white and water just to the foamy stage. Then beat the egg white and water with the sugar until the mixture is smooth and glossy, and stiff enough to hold peaks.

There is little danger of overbeating the egg white if the sugar is beaten with it. Also, beating the egg white most of the time with the sugar produces a more stable foam.

The water added to the egg white gives a more tender meringue and one that is larger in volume. Care should be taken not to add too much water. Two teaspoons of water to one egg white is a good proportion to use.

Check baking temperature carefully. A hot oven--400-425°F.--is recommended.

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Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, MAY 4, 1948

Cancer Clinics--Let's Use Them

(1:45) Cancer deaths in Illinois last year--1947--totaled 13,402 compared with 12,847 in 1946. This is an increase of about four per cent.

Dr. Roland R. Cross, State Director of Public Health, reminds us that records from cancer treatment centers show that in many cases the disease can be cured if it is discovered early enough and treated promptly with surgery, radium or X-ray.

Illinois has 19 state-aided cancer diagnostic clinics. During the first three months of this year, 3,573 residents of Illinois received free examinations at these clinics. Of this group, 1,007 persons were entering the clinics for the first time. 2,566 patients were returning for follow-up examinations.

These cancer diagnostic clinics have been established by the State Department of Public Health. They offer free consultation service to any Illinois physician in diagnosis and treatment of cancer cases. Any person who has symptoms suggestive of cancer may arrange through his family physician for admission to any one of these centers.

Records from cancer treatment centers show that cancer can be cured in many cases if it is discovered early enough and treated promptly with surgery, radium or X-ray.

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FOR BROADCAST TUESDAY, MAY 4, 1948

Craftwork--Have You Tried Leather?

(1:00) Have you thought about how many different kinds of things you can make with leather? Homemakers all up and down Illinois are interested in craftwork, and particularly leather craftwork. They are making such useful things as coin purses, key cases, billfolds and large purses.

Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture, says that leather work is not difficult. With simple directions for making the design and tooling, even an amateur can turn out good-looking articles.

If you wish directions for leather craftwork, send for Miss Kaeser's mimeographed directions called "Fun with Leather." It lists the supplies and equipment you will need to do the work: it gives ideas for designs; and it tells you how to tool, carve and lace leather. There is no charge for this information. Send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

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Cast Iron Utensils--Season Before Using

(:45) It is good news that cast-iron utensils--frying pans, dutch ovens and griddles--are coming back to local markets. Their many advantages when it comes to cooking make them popular with homemakers. However, there is one precaution that should be observed in their use.

Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, says that a lacquer is sometimes placed on cast-iron utensils to prevent rusting during warehouse storage. This lacquer must be removed before the utensil is used. Thorough washing with good, hot suds will do the trick.

When the lacquer has been removed, then the utensil should be seasoned. Rub the inside with unsalted fat and then heat thoroughly in a low-temperature oven. Some of the fat will be absorbed by the metal,making it resistant to water and rust. Dry the utensil thoroughly before you store it.

Cast-iron utensils conduct heat quickly and evenly. They require only moderate or low heat for most cooking processes. Check temperatures carefully until you "learn" to use your cast-iron utensils.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, MAY 5, 1948

Car Safety--Here Are Points to Check

(:25) This month the National Safety Council is asking motorists to check the safety of their cars. They suggest that we keep these points in mind: Check your car--brakes, tires, lights; check your driving--know the rules of the road and observe them at all times; check causes of accidents--accidents don't just happen; there is always a cause.

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Real Value--How to Judge

(:45) Judging real value is not always easy when clothing is concerned. Usually it is difficult to tell, just by looking at an article, how it will wear, what the upkeep costs will be and how it should be cared for. Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says that many shoppers do not realize that real value and price are two different things. Price is the initial purchase cost of any article. Real value is determined by the purchase price plus the probable length of life of the article plus its upkeep cost. Only when we consider all of these factors can we estimate the true worth or real value of a purchase. In buying, it is important that we do not consider price alone.

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FOR BROADCAST WEDNESDAY, MAY 5, 1948

Vacation Time--Keep the Tots Busy

(1:15) Vacation time is almost here. Tiny tots will be home from nursery school and kindergarten. It will be mother's turn to keep them busy and happy. Miss Eleanor Neff of the child development laboratory, University of Illinois College of Agriculture, suggests that a sandbox is a very satisfactory piece of play equipment if you have outdoor play space. A sandbox is an item that need not be expensive nor hard to assemble.

A handy father can make a satisfactory sandbox with very little material or equipment. If talents do not run in this line, wood and aluminum boxes may be bought, but they are expensive and not plentiful.

The size of the box will depend on the space you have, but a large box has the most play value. It will permit building such projects as villages, roads and cities, with room for trucks, dumpers, diggers and plenty of workmen.

Sand play usually becomes a cooperative venture. Groups of children learn to play together. They not only learn to design and build, but also develop friendships and learn to visit together. These are important developments in a child's life.

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Pressure Canner--Be Sure to Check Gauge

(:45) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that a pressure canner is of little value unless it is in good working condition. The pressure gauge should be checked at the start of the canning season and occasionally throughout the season. Unless the pressure gauge operates correctly, it will not register correct temperatures. Temperatures that are too low mean underprocessing. Underprocessing results in food spoilage and frequently food that is unfit for human consumption.

If you do not know who in your community is equipped to check pressure canner gauges, contact your county home adviser. She has the information.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, MAY 6, 1948

Family Laundry--by the Clock

(1:10) How many minutes do you wash each machine load of clothes? We all know from experience that short washing does not get clothes clean. On the other hand, overlong washing has its disadvantages, too. Household equipment specialists of the U.S. Department of Agriculture say that their tests indicate that too long washing adds unnecessary wear to clothes, wastes electricity and, if the water is very soiled, may drive the soil back into the fabric.

They suggest that silks, rayons and synthetics be machine-washed from two to three minutes. Five to 10 minutes should be allowed for slightly soiled cotton and linen, and 10 to 15 minutes for very soiled cotton. If clothes are not clean in 15 minutes, very soiled places will need to be hand-rubbed, or the garment should be washed again in clean suds.

To prevent shrinkage, wool needs very gentle treatment when wet. Wash wool in the shortest possible time--never over five minutes and less if possible--in the machine. Often it is safer to wash wool articles by hand. If you plan to wash fine linen and other sheer fabrics in the machine, put them into a loose cheesecloth bag and let them go through the washer and wringer in the bag. This prevents wear and tear on the fabrics and likewise saves time.

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FOR BROADCAST THURSDAY, MAY 6, 1948

Electric Mixer--Use for Angel Cakes

(1:10) There is a difference of opinion about the method of mixing angel cakes. Some homemakers think the mixing should be done by hand. Others speed the job with their electric mixers.

Dr. Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture, says angel cakes have been mixed successfully in the laboratory by using the electric mixer for all of the ingredients except flour. She recommends folding the flour in by hand. Beat the egg whites until foamy--about 15 seconds at high speed. Add cream of tartar and salt and beat until the whites are stiff but not dry. This will take about 1 1/2 minutes and should be done at high speed. Add the flavoring. Then turn the speed to low. Add the sugar by the tablespoonful, using low speed for three minutes. Scrape the sides of the bowl at the end of each minute, and mix 1/2 minute longer at low speed after all the sugar has been added. Remove the bowl from the mixer and fold in the flour by hand, using a wire whip. Sift about 2 tablespoons of flour on the surface of the egg white mixture and fold in with five or six strokes. Repeat until all the flour has been added.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, MAY 7, 1948

Learning to Sew?--Select Fabrics Carefully

(1:15) Home sewing machines are humming these days. Reports indicate that more home sewing is being done this year than for the past decade. Many women are sewing for the first time. Others are just beginning to develop their skills.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that some materials are easy to sew--others are very difficult. Amateurs should give special attention to selection of material.

One important point to keep in mind is the design of the fabric. Inexperienced sewers should avoid large prints, plaids, stripes and checks. These have to be matched in cutting and call for special attention when it comes to the stitching.

Fabrics that have a distinct up-and down-design or nap should be avoided by beginning sewers. Such fabrics must be placed on the pattern so that all the pieces run in the same direction. Special attention must be given to the grain of the material in the cutting.

When you are not too confident about your stitching, it is wise to select a fabric that is medium weight and even in texture, and one that does not ravel easily. Give attention to the weave of the material. Select one that feels firm and has little lengthwise or crosswise stretch.

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FOR BROADCAST FRIDAY, MAY 7, 1948

Sugar Sirup--for Freezing Fruits

(1:00) Strawberries are almost ready in home gardens, and very soon other varieties will be on their way to market. If you are planning to freeze these early fruits for winter meals, you will want information about sirup for packaging.

Dr. Frances Van Duyne, foods research expert, University of Illinois College of Agriculture, reminds us that it is important to add the correct amount of sweetness to the fruit for packaging. Some fruits call for light sirup--others for a heavy sirup. Most of the early berries--strawberries, raspberries and blueberries--call for a 40 per cent sirup. To prepare the sirup, use one cup of sugar to 1 1/4 cups of water.

If you wish, you may dissolve the sugar in the water by stirring. However, if you heat the mixture to dissolve it more quickly, be sure to cool the sirup thoroughly before you use it. If you prefer, use 1/2 cup of sugar and 1/2 cup of light corn sirup instead of one cup of sugar.

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Check Your Home for Hazards

(:20) Safety makes any good home a better home. The National Safety Council suggests that you can make your home safe while you're giving it a spring clean-up. That's a good time to clear out the hazards that cause falls, poisoning, electric shock, cuts, burns, bruises and broken bones.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, MAY 8, 1948

Freezer Trouble? Here's How to Keep Food Safe

(1:15) Electrical storms seem to be in style these spring days. They can cause plenty of trouble in the frozen food department unless we know how to deal with them.

Dr. Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture, says when power is interrupted or the freezer fails to operate normally, the first rule is to keep the cabinet closed. This precaution should be observed to the letter until repairs have been made and the unit is in full operation again.

The length of time the food will stay frozen--and safe--when trouble occurs depends to some extent on the amount of food stored. If the cabinet is loaded, the food will stay frozen from 24 to 48 hours--even when outside temperatures are high. However, if the cabinet has less than half a load, food may not stay frozen for more than a day.

Unless repairs can be made promptly--within 12 to 24 hours--place dry ice, if available, in each compartment just as soon as possible. The amount you'll need will depend on the size of the cabinet, but 50 pounds should hold the temperature in a 20-cubic-foot unit with less than half a load for two or three days. In a loaded cabinet, 50 pounds should be effective for three or four days.

If you can't get dry ice, try to locate a locker plant with temporary available space and move the food there, using insulated boxes. Food that has thawed, or partially thawed, should not be refrozen.

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FOR BROADCAST SATURDAY, MAY 8, 1948

Make Meat Pennies Count--Keep Food Costs Down

(1:15) "Stretching the meat dollar" is a game many homemakers are having to play these days. Part of their success depends on skill in preparing and serving the meat they buy.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that cereal foods are fine extenders for meat. Noodles, spagetti, rice or macaroni can be served with creamed meats, or with meats in brown sauce. They can be used to good advantage in meat scallops and in meat casserole dishes.

Creamed meats served on crisp toast or in patty shells are popular and need not be expensive. Peas, mushrooms, minced green peppers and diced, hard-cooked eggs can be added to the creamed meat to give variety in color, texture and flavor.

Meat pie topped with a crisp pastry or biscuit crust is easy to adapt to family menu plans. Meat stew served with old-fashioned dumplings or golden-brown biscuits can be tasty enough for even an important occasion.

When the meat is limited, it is a good plan to use other foods to add zest and additional food value, as well as to increase the number of servings. In combination dishes, highly flavored or cured meats such as ham, dried beef, corned beef and sausage may carry their taste further than the fresh meat.

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Check Your Car for Safe Driving

(:15) This month the National Safety Council is conducting a car-checking campaign. They are doing their best to persuade us to keep our cars in shape for safe driving. They remind us that false confidence--believing that nothing will go wrong--is a common factor in traffic accidents.

It isn't safe to assume that nothing will happen. It isn't safe to assume that our car's brakes will stop us in time if something does happen. The only way to be sure is to have cars safety-checked. Let's do it now--before it is too late. Let's help check accidents.

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Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, MAY 10, 1948

Get Rid of Flies--Your Help Is Needed

(1:15) THE FIGHT IS ON TO RID ILLINOIS OF FLIES. It can be won, but only if every family--every person in the state lends a hand.

The state-wide campaign is being directed by the Illinois Agricultural Association, the Illinois Natural History Survey, the State Department of Public Health and the University of Illinois College of Agriculture. Rural organizations throughout the state are working with county and city health authorities to rid their communities of flies.

Health authorities remind us that the most important reason for controlling flies is to prevent disease. They do not know exactly how many infections are carried into Illinois homes every year, but they do believe that a considerable number of lives are lost each year as a result of fly-borne infection.

Such diseases as tuberculosis, typhoid fever and intestinal disturbances may be easily carried by the so-called COMMON house fly. Health authorities believe that flies may also be capable of spreading the virus responsible for infantile paralysis.

Local committees throughout the state are making an effort to provide every resident--rural and urban--with information necessary to control the flies on his premises. If you need information about the campaign, contact your county farm or home adviser or your local health officer.

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FOR BROADCAST MONDAY, MAY 10, 1948

Unfinished Wood Surfaces--How to Clean

(1:45) The old saying, "A bit of paint or varnish makes a world of difference," is a true one--especially when it is applied to woodwork. This spring in many homes woodwork that has gone unfinished since before the war is getting attention.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, reminds us that unfinished wood surfaces absorb grease and dust easily. If the woodwork has gone unfinished for a period of time, a thorough cleaning job should be done before the paint or varnish is applied.

To clean unfinished woodwork, use only small amounts of water and a mild soap. Rinse with a cloth wrung out of clear water, and wipe dry. Strong soaps, alkalies and too much water tend to darken the wood and may soften it and make it splinter.

If the unfinished surface is stained, do your best to remove the spots before you paint or varnish the woodwork. Dissolve one teaspoon of oxalic crystals--THESE CRYSTALS ARE POISON--in 1/2 cup of hot water, and let the solution cool. Apply it to the stain, let it remain on the wood for a few minutes and then wipe off with a soft cloth.

If one application of the oxalic solution does not remove the stain, repeat the process. Finally, rinse the spot with ammonia solution. This can be prepared by dissolving one pint of 10-percent ammonium hydroxide in one gallon of water.

REMEMBER THAT OXALIC CRYSTALS ARE POISON. KEEP THE CRYSTALS AND THE SOLUTION OUT OF REACH OF CHILDREN. BE SURE THAT THE PRODUCTS ARE LABELED CORRECTLY AND CARRY THE WARNING "POISON."

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Freeze the Best

(:20) Dr. Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture, says the food that comes out of the freezer won't be any better than the food you put in. Best for freezing are firm, well-ripened fruits and fresh, tender vegetables right from the orchard or garden.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, MAY 11, 1948

Fly Control--Let's Make It Work

(1:15) We don't have to put up with flies. In fact, we can't afford to have them around--not if we value our family's health.

Professor H. B. Petty, entomologist, University of Illinois College of Agriculture and the Illinois Natural History Survey, says that it's easier to get rid of flies than we've ever imagined. Sanitation and DDT will do the trick. Yes, it's as easy as that--provided we all work together.

Home kitchens can become breeding spots for Mr. and Mrs. fly, unless we observe orderly habits of work. Care of garbage is of first importance. Keep garbage containers covered tightly and in good condition. Make sure that all of the garbage is in the container--not on the floor or ground around it. Make it a rule to remove the garbage regularly.

In addition to scrubbing or hosing the containers regularly Professor Petty says to spray with DDT. Use a 5% DDT oil spray or a 25% DDT emulsion diluted to 5% strength. Spray the containers--inside and out--once a month. As an extra precaution, spray the floor and walls, or the ground around the garbage container.

FLIES ARE A MENACE TO HEALTH. WE DON'T NEED TO HAVE THEM. IT'S UP TO US.

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FOR BROADCAST TUESDAY, MAY 11, 1948

Automatic Wringers--Use Them Safely

(1:45) Automatic wringers can be a safe convenience or a hazard. It depends on us--how carefully we follow directions when we operate them.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to test the safety-pressure release on the wringer before you start to wash. It is important to make sure that it is working.

Keep your hands away from the wringer as the clothes travel through. Flip an end of the piece onto the moving roller and let the wringer carry it through. DON'T TRY TO SPEED THE OPERATION BY PUSHING OR PULLING IT THROUGH. To do this is just inviting trouble. Watch the wringer as each piece starts through to be sure it does not wrap around the roll.

Wringers on some machines have self-adjusting rollers that automatically set to the right pressure. Others need to be set according to the thickness of the clothes.

Too much pressure during wringing strains clothes, wringer and motor. Too little pressure does not wring the clothes dry enough. Too heavy a load may lock the rolls and even strip the gears.

Read the manufacturer's directions and operate the equipment accordingly. Observe safety measures--don't take chances--and take time out for rest. Fatigue is one very important cause of accidents.

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Sell Used Kitchen Fats for Cash

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that meat dealers and grocers are paying for used kitchen fats. During these days of high prices, extra cash is a welcome addition to any family budget.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, MAY 12, 1948

Label Cartons--Keep Record of Food in Freezer

(1:15) Keeping records isn't always a pleasant job, and it does require time. But an accurate record of the food that goes into the freezer is one that is worth all the time and effort required.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says that even if the package has a "window," you'll want to label it. The label should carry the date the food was packed, the variety and any special treatment.

Special stamps, labels, tape and crayons are made for labeling. Work out your own method, but select one that is simple and easy to interpret. You can use different colors for different foods or to indicate dates of storage. Foods stored longest should be used first, as some frozen foods tend to decrease in quality if stored for too long a time.

Work out an inventory plan for listing the food stored and the food used. This should include size and number of cartons of each kind of food. Such a record will make it easy to estimate--on short notice--the amount of food in storage and the load the unit is carrying.

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FOR BROADCAST WEDNESDAY, MAY 12, 1948

Rolled Cooky Dough--How to Handle

(1:45) If you are an experienced cook, no doubt you consider rolled cookies easy to make. You can whip up a batch and bake them in record time. However, some young homemakers have plenty of trouble. They say that rolled cooky dough is difficult to handle.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that skill and plenty of "know-how" is required when it comes to the mixing and rolling. The dough for rolled cookies should be soft but not sticky. It should be firm enough to handle easily, but it should not be stiffened by adding extra flour.

Chilling the dough thoroughly before rolling helps to stiffen it and make it easier to handle. When this is done, very little flour is necessary and the cookies are tender and better in texture.

To roll the dough, put it on a lightly floured board and dust the rolling pin very lightly with flour. Roll the dough with light, even strokes until it is 1/8 to 1/4 inch thick. Cut the cookies carefully, dipping the cutter into the flour each time. Use a spatula to transfer the cookies to the baking sheet.

Make it a rule to work with small amounts of dough at a time: Keep the remainder chilled. Handle the dough as little as possible. Kneading, reworking the dough and handling it more than is necessary tends to make the cookies tough and dry, and poor in flavor and texture.

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Lunch-Box Meals--Keep Them Interesting

(:30) Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, says that the lunch-box meal should include some contrast in flavors and textures. It is most appetizing when it contains something moist to offset the dry foods, something tart to offset the sweet and mild foods, and something crisp as well as something soft.

If the main dish is soup or salad, put in cake or cookies for dessert. If the main dish is a sandwich, choose a juicy fruit to go with it.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, MAY 13, 1948

Cooking Utensils--Careful Selection Can Save Fuel

(1:30) Good-quality cooking utensils are coming back to local markets. New homemakers are stocking their kitchens for the first time. Others are buying replacements and making additions.

Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, reminds us that we can cut fuel costs if we select our cooking utensils with that point in mind. Careful selection can also mean a saving of considerable time and energy when it comes to the cleaning.

Utensils for top-of-range cooking--whatever the material--will make the best use of fuel if they have straight sides and flat bottoms. Thick bases will spread the heat evenly, and the food will cook with less danger of sticking and burning.

Covers should be checked carefully before the utensil is purchased. Those that fit tightly speed cooking and save fuel. They also make possible cooking with little water--an important point in conserving food values.

Smooth edges and as few dirt-catching devices as possible will save time and effort in caring for the utensils. Special attention should be given to the handles. They should be made of heat-resistant material and fastened securely to the utensil. They should have good balance and a comfortable grip to make them easy and safe to handle. Check the handles too, for dirt-catching joints. Some are almost impossible to keep clean. A ring or hole in the end of the handle allows the utensil to be hung up--which makes for easy storage in many of our modern kitchens.

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FOR BROADCAST THURSDAY, MAY 13, 1948

Carry and Cash Fats

(:20) Used kitchen fat saved in our kitchens is worth cash. Let's salvage every drop we have and sell it to our local meat dealer or grocer.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that only a fourth of the people in the world have enough to eat. Fats and oils are very short in supply.

Used cooking fat saved in our kitchens means more fat for industrial use here at home. This saving will make more food fats available to hungry people all over the world.

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Cheese Supplies Protein--Let's Write It into Menu Plans

(1:00) Keeping food budgets in balance these days requires ingenuity and good planning. One step in the right direction is to make good use of the different protein foods available.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that one-half pound of Cheddar cheese will give us about as much protein as a pound of meat with a moderate amount of bone and fat. And either half a pound of cheese or a pound of meat will provide the suggested two ounces of protein for a main dish when feeding four.

When it comes to measurements, there are approximately four cups of grated or diced cheese in a pound. And so two cups provide the protein recommended for four.

Cheese is a concentrated food, however, and we often use less than half a pound in a main dish. But we can bring up the protein by adding other protein-rich foods. A good example is rarebit, in which we use milk and eggs along with the cheese. Cheese fondue, hard-cooked eggs and cheese scallop, baked cheese and vegetable custard are other good examples of combining protein-rich foods in main-course dishes.

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SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, MAY 14, 1948

Fish for Variety--Fresh, Frozen, Canned

(1:15) If you want variety and good flavor in your menu plans, make it a rule to visit the local fish counter several times each week. Fish provides high-quality protein, and at quite a reasonable price compared with other foods. There is enough variety to make selection easy and to keep menus interesting.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that the amount of fish we'll need to buy depends somewhat on the type we select. For example, a one-pound whole fish makes only two servings when cleaned and dressed. On the other hand, a pound of boneless fillets makes four servings, allowing a fourth pound to each person.

Fish steaks are crosswise slices--usually 3/4 to one inch thick--still including the bones. However, there is very little waste--about 9 percent--and a pound will provide the suggested two ounces of protein for a main dish that serves four.

Frozen fish make possible a wide choice--and at any time of year. Before cooking frozen fish, thaw it slowly--if there is time--in the refrigerator. If time is short, omit the thawing and cook it slowly for a longer period of time. NEVER PERMIT FROZEN FISH TO THAW AND THEN REFREEZE IT. Once it has thawed or even partially thawed, it should be cooked at once.

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FOR BROADCAST FRIDAY, MAY 14, 1948

Blanching Important in Preparing Vegetables for Locker--Don't Omit

(1:15) It takes time to prepare vegetables for the freezing unit, but it is time well spent, provided directions are followed regarding the preparation and storage.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says that one of the most important steps in the preparation is the blanching. It should not be omitted, and the blanching time should be checked accurately.

Blanching lessens the action of enzymes present in all living material. It is true that the enzymes help in the growth and ripening of the vegetables, but they cause them to lose vitamins as well as flavor and color after they have reached maturity and have been gathered. These changes will continue even after the vegetables have been frozen, unless they have been blanched properly.

Blanching also brightens the color and softens the vegetables, making them easier to pack. Without blanching, frozen vegetables will fade in color and develop an off-flavor in a few months.

If you want complete directions for preparing fruits and vegetables for freezer storage, send for a copy of the University of Illinois Circular 602. The directions included in the publication are a result of research work carried out in the Home Economics Foods Research laboratory by Dr. VanDuyne and members of her staff.

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Biscuits--Points to Remember in Making Them

(:30) Miss Virginia Charles, foods research specialist, University of Illinois College of Agriculture, gives us these points to keep in mind when we make biscuits:

1. Use an all-purpose flour--it contains the strong, elastic gluten needed to give good volume.
2. Be careful not to use too much baking powder--measure accurately.
3. Knead the dough thoroughly and quickly--for light, flaky biscuits with a crisp, tender crust.
4. Bake in a hot oven--450°F.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, MAY 15, 1948

Housing--How Much Should We Spend?

(1:15) How much should we spend for housing? How much can we afford--how many dollars will the family budget allow? These are questions scores of families--urban and rural--are asking these days.

If housing costs are one of your problems, here's help for you. The University of Illinois bulletin--just off the press--"What Farm Families Spend for Housing" has pointers on the situation. The author, Mrs. Ruth Crawford Freeman, specialist in family economics, presents a study of what two groups of Illinois farm families spent for housing during a 15-year period--1930 through 1944.

One group included 1,448 families that had kept accounts for either the entire 15-year period or some part of it. The other group, selected from the larger group, included 92 families that had kept accounts continuously during the five-year period--1936 through 1940.

The publication discusses such phases as money expenditure for housing and expenditures related to housing, family income, savings and annual cost of housing during prewar, war and postwar years.

The University of Illinois bulletin "WHAT FARM FAMILIES SPEND FOR HOUSING" will be sent on request. Write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST SATURDAY, MAY 15, 1948

Budget Foods--Tuck Them into Your Market Basket

(1:15) Local markets are listing budget foods for the week end. Many of them are ones that can be adapted--and easily--to family menu plans. If you are counting food pennies closely, plan to make room for them in your market basket.

In the fresh vegetable department, you'll find ample supplies of early potatoes, cauliflower, spinach and cabbage. According to the marketing experts, these will be "budget buys" in many local markets throughout the midwest.

As for fruits, there will be plenty of citrus fruits--oranges, grapefruit and lemons. Select them carefully for quality and price. Consider size or weight as well as unit when you check prices. Rhubarb is plentiful; and while it really belongs in the vegetable group, we use it as a fruit in most of our menu plans. Home-grown rhubarb is coming to market, and prices are in line with even quite modest budgets.

Canned fresh prunesare one of the lowest priced dessert fruits on the market today, according to the experts. Ask about them at your grocers. There are many ways you can use them for breakfast, lunch or dinner.

Dried fruits--prunes, raisins, peaches and figs--continue in good supply and are among the best buys for budget meals.

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It's Time to Join-Up--All Hands Are Needed

(:35) Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, says when we control the so-called COMMON HOUSE-FLY we are helping to control disease. The fly is one of the most efficient germ carriers that we have.

Families in every nook and corner of Illinois are in the campaign to rid the state of flies. It is an important campaign and one that can be won--and easily--if we all help. If you want information, contact your county farm or home adviser or your local health officer.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, MAY 17, 1948

Oven Canning Is Not Safe--Don't Take Chances

(1:15) Food preservation will be in full swing within a few weeks. In many home kitchens canning will be the method used. Let's be sure the canning methods we use are safe.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends a pressure canner for all low-acid foods and a boiling water bath for those high in acid.

OVEN CANNING IS NOT SAFE, and this method should not be used. Although the temperature of the oven may be high, the product in the jars or cans will not go above the boiling point of the liquid--unless the jars are completely sealed. Complete sealing is dangerous.

Jars that are sealed completely and then processed in the oven may explode. Records indicate that such accidents have occurred in Illinois homes, and some of them have been serious accidents. When the jars are completely sealed, the pressure on the inside is greater than that on the outside. There is then danger of explosion.

Open-kettle canning is not recommended for fruits and vegetables. There is too much chance of spoilage. Open canning should be used only for such products as pickles, preserves and marmalades.

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FOR BROADCAST MONDAY, MAY 17, 1948

Can You Prevent One?

(1:00) Deaths from home accidents last year--1947--totaled almost 33,500. That number marks a 3 percent increase over 1946. What can we do to reduce that figure for this year?

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that one of the chief causes of home accidents is neglect or carelessness. That loose board on the porch step or walk, the rug that slips on the polished floor, the stairway without a hand rail, are hazards that can and should be corrected.

We can reduce the number of home accidents by checking our homes regularly for hazards. Once we locate a hazard, we should make it a rule to follow through promptly and remove the danger before an accident occurs. HOME SAFETY IS A FAMILY PROBLEM--A PROBLEM WITH WHICH EVERY MEMBER CAN HELP.

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Weight Control--Are You Interested?

(1:00) Are you satisfied with your weight? A great many people are not--some want to weigh more and some want to weigh less.

Miss Harriet Barto, associate professor of dietetics, University of Illinois College of Agriculture, says that you can get and keep the weight you want--if you are interested enough to work at it. Too many of us follow the same pattern which Mark Twain said people do about the weather--"Everybody talks about it, but nobody does anything."

If you are interested in controlling your weight--in getting and keeping the weight you want--send for the University of Illinois publication, "Weight Control--How to Get and Keep the Weight You Want." Write to Station _____ or the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, MAY 18, 1948

Good Muffins Call for a Light Hand and a Quick One

(1:00) If you are having muffin troubles perhaps it is because you are making too difficult work of the mixing. New cooks have a tendency to over-mix batters and doughs, and muffins--in order to be just right--must have a light hand and a quick one.

Miss Virginia Charles, foods research specialist, University of Illinois College of Agriculture, says that one of the secrets in making perfect muffins lies in combining the dry and liquid ingredients. Instead of making hard work of the mixing, keep the job simple.

Sift all of the dry ingredients into the mixing bowl. Combine all of the liquids--melted shortening, beaten egg and the milk. Turn the liquids--all at once--into the dry ingredients. Stir gently--don't beat or whip--until all of the dry ingredients are moistened and the mixture just holds together. Good muffin batter is lumpy rather than smooth.

Fill the greased muffin tins just as soon as you have the batter mixed. Delay in baking will not improve the finished product. Bake in a hot oven--400-425°F--for 20 to 25 minutes, depending on the size of the muffins.

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FOR BROADCAST TUESDAY, MAY 18, 1948

Cooking Utensils--How Many Are Needed?

(1:15) How many cooking utensils are needed? One way to find the answer is to ask two other questions--how much storage space do you have and how many "extra" utensils do you want to wash?

Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, advises not to buy too many. Efficient cooks use a few utensils over and over again. Items that are used for special occasions take up valuable storage space and tie up money that might be used to better advantage in another area.

It is a good plan to give consideration to the dual-purpose utensils. There are some very handy ones on the market today. For example there are double boilers that can be used as two sauce pans. Or the insert to the double boiler can be turned into a baking dish or casserole. Some chicken fryers can be converted to two skillets, or an iron skillet with a tight cover can be used as a "Dutch Oven."

Whether you stock few utensils or many, make it the rule to buy as good quality as the purse will allow. Poor quality equipment is always costly regardless of the price. Quality utensils, provided they receive good care, will give good service for years.

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We Can't Afford to Have Flies in Our Homes--Let's Fight Them

(:30) Fly control begins with sanitation. Let's not return to the "SSS" days of swatting, shooing, and spraying with old-time fly repellants. Let's clean up, and then follow through with a thorough job of spraying with DDT.

H. B. Petty, entomologist, University of Illinois College of Agriculture and the Illinois Natural History Survey, says to use a 5 percent DDT oil spray or a 25 percent DDT emulsion diluted to 5 percent strength. Screens, porch walls and ceilings, and all garbage receptacles should be sprayed regularly, once a month, and throughout the late spring, summer, and early fall months.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, MAY 19, 1948

Asparagus for Freezing--Select It Carefully

(1:00) Asparagus is ready in home gardens,and some of it should be tucked away for winter meals. Freezing, when properly done, will preserve much of the original flavor, color, texture and nutritive value.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says that careful selection plays an important part in determining the quality of the frozen product. Asparagus should be prepared for freezing as soon after picking as possible. Delay will mean loss of both flavor and nutritive value.

Use special care in sorting. Even a small quantity of inferior material can spoil the flavor of several cartons of the product. For example, woodiness is even more noticeable after the asparagus has been frozen and stored than before.

One important rule to keep in mind--freezing does not add anything to the original quality of the asparagus. If it is to be top quality after it is frozen it must be of top quality in the fresh state. Well-tested methods of preparing the asparagus for freezing must be followed.

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FOR BROADCAST WEDNESDAY, MAY 19, 1948

Moths Thrive in Dark, Hard-to-Clean Spots

(1:15) Moth control is not a seasonal job. It is one that calls for constant attention, and almost daily the year'round.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says breeding places that are often overlooked are the dark, hard-to-clean spots. Cracks in floors, space around quarter rounds and baseboards call for special attention. Very often bits of woolen lint and hairs collect in these spots and provide food for the larvae.

Moths thrive too in carpeting under heavy pieces of furniture which are moved just occasionally. They can make excellent headway--unnoticed--under slipcovers on upholstered furniture.

A vacuum cleaner is an important "first aid" in keeping the home free of moths. Use it to clean the lint and hairs out of the floor cracks, from around the baseboards and out of those hard-to-clean corners. Remove the slip covers regularly from upholstered furniture so that you can vacuum clean it thoroughly. Make it a rule to move all furniture at least once a month and give the rug or carpet a thorough cleaning.

Good housekeeping is one of the most effective weapons against clothes moths. THEY DO NOT THRIVE ON CLEANLINESS AND LIGHT.

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Glass Jars--How to Remove from Pressure Canner

(:35) There is a special technique in removing glass jars from the pressure canner. Unless it is followed carefully there may be breakage and loss of liquid from the jars.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says when processing is complete, remove the pressure canner from the heat. LET THE PRESSURE FALL SLOWLY TO ZERO, then open the petcock slowly. If the petcock is opened rapidly, liquid will be lost from the jars.

Release clamps and remove the cover of the cooker. BE CAREFUL TO POINT THE COVER AWAY FROM THE FACE AND BODY. Allow the glass jars to remain in the open canner for a few minutes, then remove them and seal them completely. Cool the jars promptly, but do not place them in a draft or in contact with a cold surface.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, MAY 20, 1948

Cement or Concrete Floor--How to Clean

(1:00) Many basement and cellar floors are made of cement or concrete. Frequently this material is also used for porch floors and for steps. Cleaning presents a problem, but a good method speeds the job and makes it easier to do.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, recommends first wetting the floor with clear water. Then prepare a hot solution for the real scrubbing job. Use 2 to 2 1/2 ounces of washing soda or 1/2 ounce of trisodium phosphate per gallon of hot water. Apply the hot solution to the floor with a stiff brush or mop.

If there are soiled spots on the floor, sprinkle them with scouring powder and rub them thoroughly. Rinse the whole floor with clear warm water to remove the scouring powder and alkali.

DO NOT USE SOAP ON AN UNPAINTED OR UNTREATED CEMENT FLOOR. When this is done, a scum of lime soap may form on the floor.

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Home Canning--How to Fill Containers

(:15) Filling containers with fruits and vegetables sounds like a simple job--but there is a rule to follow for best results. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that HEAD SPACE in the jar is important.

If glass jars are to be processed in the pressure canner, leave one inch of space at the top of the jar. If the food is to be processed in the boiling-water-bath, allow 1/2 inch. Tin cans call for an allowance of 1/4 inch.

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FOR BROADCAST THURSDAY, MAY 20, 1948

Mildew--Prevention Is the Best Cure

(1:30) Spring rains plus the right temperature set the stage for mildew to develop. It's a situation that calls for action, because mildew is difficult to remove and does cause considerable damage.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, reminds us that clothing and household textiles call for special attention. Prevention of mildew should be the watch word. It is much easier to prevent it than to try to remove it once it has occurred.

Good housekeeping is the first step in the prevention program. Don't tolerate wet or damp clothes for any length of time. Dry soiled clothes thoroughly--even those damp with perspiration--before you toss them into the hamper. Spread towels, wash cloths, dish towels to dry--instead of folding them neatly on the rack. Stretch shower curtains full width instead of bunching and chaining them.

Guard against mildew in the clothes basket, too. It may occur overnight unless precaution is taken. Sprinkle for ironing only as many articles as you can iron in one day. If your schedule goes awry, shake out those not ironed.

Remember that molds that cause mildew grow on anything from which they can get enough food--cotton, linen, wood, leather, wool. These molds need moisture and certain temperatures in order to grow. Let's do our best to prevent mildew. Once it occurs, it does cause considerable damage and it is difficult--sometimes impossible--to remove.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, MAY 21, 1948

Cottage Cheese--Let's Write It into Menu Plans

(:45) Cottage cheese provides good-quality protein, and it is easy to adapt to day-by-day menu plans. Women who tuck it into their market baskets several times each week find it a "first aid" in keeping the food budget balanced.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that in using cottage cheese as a meat alternate we should allow 10 ounces of the cheese for one pound of beef with a moderate amount of bone.

Some dairies package cottage cheese by the pound: others use the 8-ounce packages. A pound of cottage cheese measures a little more than 2 cups. Ten ounces measure about 1 1/4 cups.

Cottage cheese is perishable and calls for careful storage. Keep it cold to retard growth of mold, and store it in a tightly covered container.

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Plug for Safety

(:30) To be safe when using your electric washer, Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to stand on a dry floor and be sure your hands are dry when you connect the plug.

Connect your machine to an appliance outlet or to a porcelain socket provided for the machine. DON'T CONNECT IT TO JUST ANY OUTLET THAT HAPPENS TO BE HANDY. To disconnect, grasp the plug--not the cord. Keep the outlet and cord in good repair.

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FOR BROADCAST FRIDAY, MAY 21, 1948

Should You Remodel Your Home? Here Are Suggestions to Help You Decide

(1:45) Many families today are in a position to build new houses or to improve their old ones. Once the decision for action is made, problems seem to appear by the dozen.

D. G. Carter, professor of farm structures, University of Illinois College of Agriculture, says that the first step in planning a new house or remodeling an old one is to collect and study information--information that will help you get your ideas into form. If you do not plan to employ professional help, you'll need to study your plans even more carefully. Mistakes are hard to correct after the house is built.

The new circular, "WHEN YOU BUILD OR REMODEL YOUR FARM HOUSE--A GUIDE TO PLANNING," will help you outline your plans. Fourteen state agricultural experiment stations here in the North-Central Region, and the United States Department of Agriculture, have made this publication possible. Professor Carter is chairman of the Farm Structures Coordinating Committee.

The publication gives information on financing the building, the kind of house to build, step-by-step planning, building materials, construction, and a number of other problems that have to do with building and remodeling.

If you live in Illinois, write to the University of Illinois College of Agriculture for your copy of the circular. If you live in an adjoining state--in the North-Central Region--write to your state college or university.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, MAY 22, 1948

Pork, Fresh and Cured--How to Buy

(1:00) Meat prices are high these days, for just average budgets. Knowing how to buy--how to select according to family needs will help save precious pennies.

Take pork, for example. Are you acquainted with "picnic hams"? Do you know the difference between regular and skinned hams? Have you ever cooked a boston--fresh or cured and smoked?

The University of Illinois Circular 622--PORK FOR THE TABLE--is just off the press and ready for mailing. Sleeter Bull, professor of meats, University of Illinois College of Agriculture, is the author, and he has packed information aplenty between the covers--information that will help you save meat pennies.

The publication is well illustrated and includes information on grades of carcasses, grades of cuts and location of cuts. It lists the lean cuts and the fat ones. It discusses sausage, variety meats and lard. Finally, it lists very timely information on preparation of pork for frozen food lockers and home freezers.

For your copy of Circular 622--PORK FOR THE TABLE--write the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST SATURDAY, MAY 22, 1948

Cast Iron Utensils--Season Before Using

(1:00) Cast-iron cooking utensils are coming back to market after a long absence. New homemakers are buying them for the first time--skillets and fryers and griddles.

Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, reminds us that these cast-iron utensils call for special treatment. They should be "seasoned" before they are used. Seasoning gives a smooth surface that is rust resistant and prevents foods from sticking.

Many new pieces of equipment carry directions for seasoning. Just in case you have misplaced the directions that came with your equipment, here's how to turn the trick. Rub the inside of the utensil thoroughly with unsalted fat. Heat it VERY SLOWLY for several hours to allow the pores of the metal to absorb some of the fat. Then wipe off the excess fat, wash the utensil and dry thoroughly before storing.

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Fight Disease With DDT

(1:15) Which do you choose for you and your family--disease or good health? Miss Fannie M. Brooks, health education specialist, University of Illinois, says that fly control reduces disease--means safer, happier living for all.

The habits of the fly, as well as its physical structure, account for its importance as a carrier of disease. First of all, the fly is a natural feeder on filth. Second, its body is covered with fine hairs. These hairs easily pick up germ-laden material over which the fly crawls and on which it dines.

As many as four million bacteria have been found on the body of a single fly--millions more have been found in its intestines. Once inside the fly, disease organisms have been known to live as long as 15 days and then be deposited--more than likely--on food.

Illinois has a state-wide program under way to control the so-called COMMON house fly. Just talking about it won't turn the trick. It's a campaign that calls for action.

If you need information about the fly control program, or if you want information to help you get rid of flies on your own premises--in your own home--contact your county farm or home adviser or your local health officer. This is our program--yours, mine--it belongs to every citizen in every community in the state. Let's do our best.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, MAY 24, 1948

Meat Flavor Important in Meal Plans

(1:00) Meat is one of our best liked foods, and at present one of the most expensive. The chief problem, for average-budget families, is to keep the savory meat flavor in main dishes and at the same time meet protein requirements.

Miss Frances Cook,foods specialist, University of Illinois College of Agriculture, says, when there is too little meat to use as the basis of the main dish, to use it for flavor and whatever protein it will give. Even small amounts of meat can be used to good advantage in seasoning scalloped potatoes, macaroni, rice, beans and lentils.

Bits of cooked meat can go into salads and creamed dishes. Ground cooked meats are fine additions to sandwich spreads or can be added to creamed gravy or a casserole combination of vegetables.

If the meal's protein remains short, have milk as a beverage for everyone, or use cheese in a salad or dessert. The dessert may contribute additional protein if it is custard, cream pie or pudding. These contain eggs and milk--both sources of protein.

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FOR BROADCAST MONDAY, MAY 24, 1948

Red-Ripe Strawberries--They're Right for Freezing

(1:15) The strawberry harvest is at peak stage in southern Illinois. Berries are coming to market in quantity,and some of them should be tucked away in the home freezer--unless you can depend on your own garden patch.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says whether you use sugar or syrup as the sweetening agent depends on how you prepare the berries. If you plan to freeze the whole berries, than a 40 per cent syrup should be used. Crushed or sliced berries are better in flavor if they are mixed with the sugar.

To prepare the 40 per cent syrup, use the proportion of 1 cup of sugar to 1 1/4 cups of water. Dissolve the sugar in the water by stirring, or heat the mixture to dissolve it more quickly. Boiling is not necessary. Be sure to cool the syrup thoroughly before you pour it over the berries.

If you prefer, use 1/2 cup of sugar and 1/2 cup of light corn syrup instead of 1 cup of sugar with 1 1/4 cups of water.

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Waste Fat--We're Paid to Save It

(:45) Fats and oils are needed the world over. Every pound, every drop of waste cooking fat we can save in our kitchens is important.

Of course, the waste fats can't be re-used as food, but they do help to keep industry supplied. Without these waste fats it would be impossible for us to ship abroad as much food fats as we are shipping at present.

So, instead of pouring the waste fat down the drain, or tossing it into the garbage can, let's salvage it. Many grocers and meat dealers are still cooperating by paying up to eight or ten cents a pound for the waste fat.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, MAY 25, 1948

4-H Camp Program--Report on Funds

(1:15) Pennies and dollars contributed for the 4-H camp program have just been counted. They total more than $77,000--a fine indication of the interest and enthusiasm of club members and other rural young folks throughout the state.

F. H. Mynard, member of the state 4-H staff, University of Illinois College of Agriculture, reports that Piatt county leads with contributions of more than $6,000. Champaign county is second with more than $3,300. Douglas county is third with $2,770.

It is true that young people are hard at work on the program, but their elders are interested too. One million dollars will be needed to construct the four permanent camps planned for the program. In addition to the money from 4-H Club members, local business firms, industrial firms and friends of club work throughout the state are helping.

At present there are approximately 45,000 4-H Club boys and girls in Illinois. The goal for this year is 50,000 members.

If you know boys and girls in your community between the ages of 10 and 20 years who should be in club work, contact your county farm or home adviser. Or, better still, have club members in your community invite these young people to attend their meetings and get acquainted with the work.

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FOR BROADCAST TUESDAY, MAY 25, 1948

Vacuum Cleaner Tools--Do You Use Yours?

(1:15) If you want to make quick work of cleaning and dusting jobs, put your vacuum cleaner tools to work. They'll do a more thorough job than you can do by hand, and they'll save you time and energy aplenty.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that there are many above-the-floor jobs that can be done--and easily--with the vacuum cleaner tools. For example, have you used the soft dusting brush for dusting books and book shelves? It is far quicker and usually more efficient than dusting by hand.

The upholstery brush tool is one that has dozens of uses in keeping homes spick and span. You can clean the whole mattress quickly and thoroughly without stooping or taking extra steps. The suction removes every bit of dust and lint from the tufting and rolled edges--a job that is difficult and time-consuming to do by hand. If you have box springs go over them with the same tool.

The upholstery brush tool plus the extension tubes can be used to good advantage to clean ledges over doors and windows, wood paneling, high mantels and tops of picture frames. You won't need to climb on steps or ladders to reach these high spots if you put your vacuum cleaner tools to work.

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Check Pressure Canner--For Efficiency

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us to have our pressure canners checked. Unless equipment is in good condition--operating efficiently--there is danger. Temperatures will not be registered correctly. Food may be underprocessed or overprocessed. Correct processing temperature is very important.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, MAY 26, 1948

Leather--Protect It from Mildew

(1:00) Molds that cause mildew grow on anything from which they can get enough food. Leather is one of their favorites. Shoes stored in closets, gloves tucked away in dresser drawers, luggage and leather bound books call for attention these warm, damp spring days.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, reminds us that prevention is the best cure. However, once you find mildew, prompt action is the order.

To remove mildew from leather goods, try this method first. Wipe the leather surface with a soft cloth wrung out of dilute alcohol--1 cup of denatured alcohol to 1 cup of water. Then dry the leather quickly in a current of air. DO NOT PLACE IN THE SUN OR NEAR A HEATED STOVE OR RADIATOR.

If necessary, wash the leather with a thick suds of mild, neutral soap or saddle soap. Work quickly, using no more moisture than is necessary. Then wipe the surface with a clean, damp cloth and dry in an airy place. Shoes and leather luggage should be polished with a good wax dressing.

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FOR BROADCAST WEDNESDAY, MAY 26, 1948

Food Alternates--Select Them Wisely

( ) If you have been wondering why your food pennies are short, here's a partial answer. According to the United States Department of Agriculture, it costs almost half again as much to feed a family today as it did two years ago.

If you spent $15 a week on food two years ago, you're probably now spending about $21--if you are serving the same kind of meals. That means around $300 a year more--food expenditures of $1,092 instead of $780.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that there are good alternates for high-priced foods. Some of the alternates have just as much food value as the high-priced ones. However, we must select food alternates carefully and be sure they are equally nutritious.

Fish, eggs, cheese, poultry, peanuts and dried beans and peas can safely replace part of the meat in our diets. Many of these alternates cost less than meat, especially when they are in season--as are eggs and cottage cheese at present.

Another way to keep food prices in line is to make good use of the economy cuts of meat. The per-pound price of meat does not indicate its nutritive value. A pound of breast of lamb--for example--gives you about as much body-building protein as a pound of rib lamb chops. In most markets the chops cost about four times as much as the lamb breast.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, MAY 27, 1948

Tetanus (Lockjaw) Serious Disease--Prevention Is Answer

(1:15) Warm weather means barefoot boys--and girls, too--in many sections of Illinois. One ever-present danger is tetanus or lockjaw. TWO CASES WERE REPORTED IN THE STATE LAST MONTH. (April)

Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, asks us to remember that tetanus is a serious disease. Once it develops, it is very difficult to treat. It is easy to prevent by proper attention to wounds and prompt administration of tetanus antitoxin.

Tetanus is a disease caused by a germ that lives in the intestines of domestic animals. It contaminates the soil of our city streets, barnyards, pastures, highways and country lanes. Gardens and lawns fertilized with manure are other very real sources of danger.

Tetanus germs grow in the deep tissues of the human body where air does not have access. They may be carried into the body by any sharp instrument that has been in contact with the soil. A nail--rusty or bright--a rake or pitchfork may do the trick. Gunshot wounds and exploding firecrackers are particularly dangerous.

When puncture wounds, gunshot wounds or wounds from exploding firecrackers occur, don't depend on home treatment. Consult a physician at once. He will administer tetanus antitoxin if he believes it necessary.

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FOR BROADCAST THURSDAY, MAY 27, 1948

Shoe Comfort for Summer--Careful Selection Will Help

(1:30) Good-fitting shoes are important at any time of year, but those for summer wear call for special attention. Hot weather does not add to foot comfort.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, reminds us that it is important to get a good fit. Don't tell the salesman the size of shoe you THINK you wear and let it go at that. Have both feet measured and in a standing position. The two feet usually differ in size, and they are longer when you stand than when you're seated.

Make it a rule to have both shoes fitted. Take time to stand in the shoes, walk in them, and keep them on your feet for a short period of time. Shoes selected in haste frequently turn into white elephants.

Examine the material of the shoes carefully. To be comfortable in summer, they must have ventilation to keep the feet cool and to keep them dry. Kid is more porous than calf. Some of the fabric shoes and straw shoes on the market this season are quite satisfactory. Examine the lining of the shoes. Some are so finished as to prevent air passage.

Uppers of the shoes--whatever the material--should be flexible so that they won't constrict or bind the feet. Soles should be flexible enough to give the feet free play.

A good fit is extremely important. Make sure the shoes are roomy in the front part and snug at the heel. Check carefully and avoid shoes that tend to ride around on your feet as you walk. This point calls for special attention in shoes with open toes and heels.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, MAY 28, 1948

Pressure Canner--Operation Pointers

(1:15) The canning season is well started in Illinois, and pressure canners are at work. Correct operation is important to the safekeeping of foods.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that the petcock is one part of the canner that must be adjusted each time the equipment is used. When the canner has been closed and the clamps fastened, place it over the heat WITH THE PETCOCK OPEN.

Leave the petcock open for 10 minutes after the steam begins to escape in order to be sure that all air has been forced out. Then close the petcock. Unless this rule is followed, air may be left in the canner and it may form a pocket where the temperature will be much lower than indicated.

When processing is complete, remove the canner from the heat. If you use glass jars, let the pressure fall slowly to zero and then slowly open the petcock. If the petcock is opened rapidly, more liquid will be lost from the jars.

If you use No. 3 or larger tin cans, allow the pressure to fall to zero before opening the petcock. If you use No. 2 1/2 or smaller cans, slowly open the petcock when you take the canner from the heat--don't wait for the pressure to fall to zero.

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FOR BROADCAST FRIDAY, MAY 28, 1948

Rugs--Let's Keep Them Anchored

(1:00) Rugs are slippery things--especially when they top highly polished floors. These spring days--as we set our homes in order--are a good time to take care of this hazard.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says all small rugs should be anchored. Falls cause more home accidents than any other one thing, and rugs that slip are dangerous.

There are a number of nonskid devices on the market that can be used without damage to either rug or floor. Nonskid pads are again available and can be purchased to fit various-sized rugs. There are also liquid rubber preparations that may be painted on the back of any type of rug. Some of these dry quickly and form a tough, transparent film that will not rub off and spot the floor.

Another precaution is to avoid overpolishing the floor. A too-high polish is attractive, but it can be dangerous to those who walk on the floor. "Keep the floors in good condition but not overpolished" is a safety measure that should be observed--and at all times.

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Food Pennies--Get Your Money's Worth

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that we rob ourselves and our family when food goes into the garbage can. It pays to watch the size of servings. We can avoid waste by making the servings small. Let the family come back for more--as they wish. Let's feed the family--not the garbage can.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, MAY 29, 1948

Fresh Pineapple--It Belongs in Home Freezers

(1:20) Fresh pineapple is coming to local markets in quantity. Best of all it is reasonable in price. Now is a good time to tuck a few cartons into home freezers for winter meals--fruit cups, salads and desserts.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that fresh pineapple is really very easy to prepare. The paring is the most difficult part of the job. You'll save time by slicing the fruit and then paring the sections instead of working with the whole pineapple.

A tomato-peeling knife is a handy tool to use. The blade section makes quick work of the paring job and the pointed end of the knife is fine for removing the eyes.

When the peeling job is finished, cut the pineapple slices into small wedges and pack them into the cartons for freezing. Cover with a 30-40 percent syrup, depending on the sweetness you desire. (Prepare 30 percent syrup by combining 1 cup sugar with 2 cups water--40 percent by combining 1 cup sugar with 1 1/4 cups water.)

Seal the cartons as soon as you have them filled. Freeze at once. If there should be delay in taking the fruit to the locker, store it in the coldest part of your refrigerator. However, do not store it in this way for more than two or three hours. Prompt freezing is important to the flavor and quality of the product.

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FOR BROADCAST SATURDAY, MAY 29, 1948

Vitamins in Food--Let's Not Waste Them

(1:00) One thing is true of vitamins--tiny amounts handle big jobs. But tiny though those amounts are, they are essential to health. It is important to keep them in the foods we serve.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that vitamins can vanish from foods right in our own kitchen--unless we are careful. They can vanish, and the foods won't show it.

Some vitamins go down the sink along with the cooking water, instead of being served with the food. Heat--over-cooking and cooking at too high a temperature--destroys some vitamins. Foods lose some vitamins while just waiting to be used.

The methods we use in handling foods in our home kitchen has much to do with the vitamin content of the foods we serve. Storage, preparation and serving methods--all are important.

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A Good Seal--For Efficient Cleaning

(:30) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that all vacuum cleaners work best if the nozzle makes a good seal with the rug. Then the current of air that comes through the nozzle is strongest.

Some nozzles adjust automatically to rugs of different thicknesses. Others are adjusted by hand or by foot. The manufacturer's directions will tell you how to adjust your cleaner. Study them and follow them to the letter--for efficient cleaning.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, MAY 31, 1948

Slip Covers--Make Them Easy-to-Launder

(1:30) Attractive slip covers dress up old furniture and give a bright, crisp note to the whole room. They are not difficult to make and many homemakers are putting their sewing machines to work and saving much needed pennies.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says slip covers will be easier to launder if we finish them in separate pieces. Each piece can be fitted to the chair and tucked into the crevices.

Finish the edges with a narrow hem, or pink them, and hold the pieces in place with metal or wooden rods. Of course, if you prefer a slip cover in one piece, sew the pieces together and tuck the seams into the crevices.

Slip covers can be made without patterns, but a pattern does make the job easier and it saves money. With a pattern you can estimate more closely the amount of material you'll need,and you can avoid waste in the cutting.

If you want information on making slip covers send for Miss Iwig's leaflet, "How to Make Slip Covers." It gives complete directions from the selection of the material to the final finishing. Step-by-step information is listed for cutting, fitting, and adjusting the pattern. Send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST MONDAY, MAY 31, 1948

French Dressing--Keep It Interesting

(1:00) Crisp, fresh salad greens are plentiful these days and we can serve them often--provided we keep them interesting. One way to turn the trick is to vary the dressing.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that French dressing is the natural companion for salad greens,and it is the easiest of all dressings to make. However, it is so easy to make that we need to guard against monotony.

Instead of always serving the dressing "as is" vary it--keep it interesting. Two tablespoons of crumbled Roquefort cheese added to the dressing makes a delightful change. Or, 1 tablespoon of tomato catsup or chili sauce plus a bit of chopped green pepper gives the dressing good flavor.

Chiffonade dressing is a favorite in many homes. To the basic French dressing,add 2 tablespoons each of finely chopped parsley and red or green pepper, a bit of minced onion or a dash of onion juice and two finely chopped hard cooked eggs.

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'he Fly Family--Let's Get Rid of Them

(:45) We don't have to tolerate flies. We have a choice oday--we can keep them or get rid of them.

Professor H. B. Petty, entomologist, University of Illiois College of Agriculture and the Illinois Natural History Survey, ays DDT and good day-by-day sanitary practices will control flies. he job isn't a difficult one--once we make the decision and start he campaign.

The Illinois Fly Control Program--rural and urban--is in ull swing. You can help by keeping your home--your premises--free f flies. If you want information contact your county farm or ome adviser, or your local health officer.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, JUNE 1, 1948

Egg Whites--How to Whip for Volume and Texture

(1:15) Many springtime desserts call for egg whites--angel cakes, meringue shells, fluffy toppings for pies and puddings. The trick is in whipping the egg whites so that their volume is good and they are tender in texture.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that egg whites whip best when they are at room temperature. Take them from your refrigerator at least half an hour before you plan to use them--if you want good volume and texture. Add a few grains of salt before you beat them.

When you combine the beaten egg whites with other mixtures, fold them in carefully--don't stir or beat them. Use a light under-and-over motion. DON'T OVERMIX OR YOU'LL LOSE SOME OF THE AIR YOU'VE BEATEN INTO THE WHITES.

When you make an omelet or a souffle, fold the heavy mixture into the beaten egg white. Do not fold the whites into the mixture if you want the finished product to be light, fluffy and tender.

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FOR BROADCAST TUESDAY, JUNE 1, 1948

Fruits for Jelly Making--Must Have Pectin and Acid

(1:15) Before many weeks it will be jelly-making time in home kitchens. This year, just as last, many young homemakers will be trying their hand at the job for the first time.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that selection of the fruit is of first importance. A fruit must have two essentials if it is to be made into jelly: It must have pectin and acid, and in the proper proportion.

Another point to keep in mind is that both pectin and acid decrease as the fruit ripens. For best results a mixture of slightly underripe and ripe fruit should be used. The underripe fruit can be counted on to supply the pectin and acid, and the ripe fruit the color and flavor.

For information on making jams, jellies and preserves, send for a copy of the USDA bulletin, "HOMEMADE JELLIES, JAMS, AND PRESERVES." Write to the University of Illinois College of Agriculture, Urbana, Illinois. There is no charge for the publication. It will be mailed on request.

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'ly Control Means Better Health

(:30) Miss Fannie M. Brooks, health education specialist, niversity of Illinois College of Agriculture, reminds us that the o-called COMMON house fly is known to transmit some 20 human diseases. Flies are an enemy of good health. It is not necessary to olerate them.

Good sanitary practices plus regular use of DDT will get id of flies. If you need information about the use of DDT, conact your county farm or home adviser or your local health officer.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JUNE 2, 1948

Red Raspberries--Extend Their Flavor

(1:30) Few fruits are more delicate and pleasing in flavor than lush red raspberries. Just why they always seem to taste best at the start of the season, when they are highest in price, no one seems to know.

Mrs. Beth Arnold, foods specialist, University of Illinois College of Agriculture, suggests that we combine raspberries with other fruits. In this way we can take advantage of their fine flavor and color and still not overstep our food budget.

Raspberries are perfect companions for sliced bananas. They can be combined for fruit cups, salads and desserts. For a pie filling that is extra-special, combine equal portions of raspberries and thinly sliced bananas and fold in a portion of whipped cream. Heap the mixture into a baked pie shell and chill for a short time. Send to the table garnished with a sprig or two of crisp, fresh mint.

Raspberries and fresh pineapple make a delightful combination. If you want a fruit cup that is just right for a hot evening, combine the two and add a bit of crushed mint and just enough sugar to sweeten lightly. Chill for about anhour ahead of serving in order to blend the flavors.

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FOR BROADCAST WEDNESDAY, JUNE 2, 1948

Flower Arrangement--Calls for Skill and Practice

(:45) How do you score on flower arrangement? How attractive are your bouquets? Many of our loveliest garden flowers are in bloom at this season. How attractive they are--once we have gathered them--depends on arrangement.

If you wish suggestions--if you want to make your flowers more attractive--send for the University of Illinois College of Agriculture leaflet, "FLOWER ARRANGEMENT." It illustrates several different types of containers and holders that are excellent. It includes almost two dozen different flower arrangements--some simple and easy to do, others more difficult.

There is no charge for this publication on flower arrangement. Send your request to the University of Illinois College of Agriculture, Urbana, Illinois.

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Leather Upholstery--How to Clean

(:45) Miss Dorothy Iwig, home furnishings specialist, Jniversity of Illinois College of Agriculture, reminds us that leather upholstery--chairs, stools, davenports--call for regular are. If they are to give good service, special attention should e given to cleaning them.

Use saddle soap on a dampened sponge or a soft cloth. over only a small area of the leather at a time. Rinse immediately with a sponge wrung dry out of clear lukewarm water. Be ery careful not to use more water than is necessary. The leather hould not become soaked. Polish the surface with a dry, soft cloth.

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Homemaking
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SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, JUNE 3, 1948

Frosty Milk Drinks--Make Them at Home

(:45) Cool milk drinks are favorites with children and grown-ups, and they are mighty nutritious. An interesting variety can be made at home--and quickly and easily.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, recommends fruit-milk drinks. A beverage that is usually popular is Strawberry Cooler.

Add about 1/4 cup of the crushed berries--sweetened to taste--to a tall glass of chilled milk. Top with a dipper of vanilla ice cream or a tablespoon of whipped cream. Serve immediately.

Crushed raspberries, grape juice or crushed pineapple may be used in place of the strawberries. If you prefer, use a portion of carbonated beverage for part of the milk.

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Freeze the Best

(:15) Miss Jean Chase, foods research specialist, University of Illinois College of Agriculture, says food that comes out of the freezer won't be any better than the food you put in. Best for freezing are firm, well-ripened fruits and fresh, tender vegetables right from the orchard or garden.

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FOR BROADCAST THURSDAY, JUNE 3, 1948

"Picnic Hams"--How to Buy

(:45) Do you know that a picnic ham is a cut from the lower part of the shoulder? Or did you think it was a small ham sold at a bargain price?

Sleeter Bull, professor of meats, University of Illinois College of Agriculture, says that picnics usually sell for a little less than ham, but they contain slightly less edible meat.

A pound, with the bone in, makes only one and a half to two servings. Then, too, what meat there is on the picnic is less desirable than ham, and a picnic is more difficult to carve.

Check prices on both ham and picnics carefully. Unless the picnic is several cents a pound cheaper, ham is the better buy.

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Aprons for Kneeling Jobs--Make Your Own

(:45) Aprons for kneeling jobs--indoors and out--have many points in their favor. They make for greater comfort and knee protection, and they protect the other clothing. Best of all, they can be made at home--and for few pennies.

If you wish directions for making your pattern and for constructing the apron, send for the leaflet, "Aprons for Kneeling Jobs--Indoors and Out." Two aprons are pictured--the apron with the kneeling pocket and the knicker apron with the padded knees. Directions are concise and simple to follow.

For your copy of "Aprons for Kneeling Jobs--Indoors and Out," write to the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, JUNE 4, 1948

Tasty Tricks for Lunch Box Foods

(1:15) It takes planning and imagination aplenty to keep lunch-box meals interesting day after day. Foods must be designed to satisfy hungry appetites and to tempt poor ones.

Mrs. Beth Arnold, foods specialist, University of Illinois College of Agriculture, says that a good lunch box meal takes more planning than many a meal that goes on the family dinner table. Texture, flavor, color and keeping quality must be considered along with nutritive value.

In preparing sandwiches for the lunch box, consider the length of time they must be kept. Use fillings that will not soak into the bread, especially if the sandwiches must be prepared and packed well ahead of lunch time.

Leave crusts on the bread to avoid waste and to keep it moist. Wrap the sandwiches in wax paper--not more than two to a package--to keep them fresh and to prevent "spread" of flavors. Use different breads for variety, and devise interesting fillings. Keep in mind texture, flavor, color, and nutritive value.

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FOR BROADCAST FRIDAY, JUNE 4, 1948

Syrups for Canning--Suit Them to Family Taste

(2:00) During the war, when sugar was rationed, it was necessary to can fruits without sugar or to substitute another sweetening agent. Now that sugar is back on grocer's shelves,we can sweeten to suit family tastes.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says the flavor, color and texture of fruits are usually improved when syrups are used in the canning. The amount used--the thickness of the syrup--depends on the kind of fruit canned and the sweetness desired.

In preparing the syrup for canning, follow these directions:

Thin.....1 cup water to 1/3 cup sugar

Medium.....1 cup water to 1/2 cup sugar

Thick.....1 cup water to 1 cup sugar

Heavy.....1 cup water to 1 1/2 cups sugar

Combine the sugar and water, and heat slowly until the sugar is thoroughly dissolved. Bring to the boiling point only, and remove from the heat. If you allow the syrup to continue cooking, the thickness of the syrup will be increased and the canned product will be too sweet.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JUNE 5, 1948

Food Budget Limited? Pick Your Buys

(1:00) Food budgets trouble most families these days. Homemakers need plenty of "know how" in order to make family incomes meet family needs.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that one of the first steps in cutting food bills is to know the best ways of cooking economy cuts and grades of meats. It is the main dishes that take a lot of our food money.

Of course the less tender cuts of meat call for care and ingenuity when it comes to their preparation. Many of them require long, slow cooking, but good cooking can help make any cut of meat a favorite main dish with the family.

Braising is a popular method of cooking such cuts as short ribs of beef, chuck, flank, and rump. Little or no liquid should be added. Cook the meat closely covered and at low temperature, and the meat juices will usually supply enough moisture. To add extra flavor, brown the meat in a small amount of fat at the start of the cooking period--and before the meat is covered.

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FOR BROADCAST SATURDAY, JUNE 5, 1948

Mildewed Floors and Woodwork--How to Treat

(1:15) Molds that cause mildew are no respectors of materials. They will grow on floors and woodwork just as easily as on curtains and draperies. There is danger when weather is humid, particularly if a room or house is closed for several days.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, reminds us that prevention is the best solution. Mildew is difficult to remove from wood. If the mold has grown into the wood under the paint or varnish, it will be necessary to remove the finish and bleach the stain.

The first step in removing mildew from wood is to wipe the surface with a cloth dipped in water to which a little kerosene has been added. Or, if necessary, wash the wood with warm water and soapsuds; then dry thoroughly. Use a paint cleaner to remove the mildew stains from painted surfaces. (This is available in many stores.)

If the mold has grown into the wood under the paint or varnish, remove the finish and bleach the stain with oxalic acid. OXALIC ACID IS POISONOUS--HANDLE IT CAREFULLY. To prepare the bleach use 3 tablespoons of the acid to a pint of water. Apply the solution to the stain, or put the acid directly on the stain. Finally, rinse the wood with clear water and dry thoroughly before refinishing.

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Open Windows Can Become Hazards--Check for Safety

(:15) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, cautions that open windows can be dangerous for the children in the family. Be sure screens are securely fastened. Do your very best to teach children not to play at windows and hang over the window sills.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, JUNE 7, 1948

Best Foods for Your Money--How to Select

(1:00) It is fortunate indeed that a food's price is seldom related to its nutritive value. Many of our most inexpensive foods are just as nutritious as the costly ones.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that it is important to know how to select the foods that give the most for the money we spend. It is equally important to know how to make the best use of the foods once we have them in home kitchens.

Knowing how to make the best use of foods means knowing how to cook--and how to use foods economically. The good cook can make appetizing and attractive dishes from inexpensive foods. She knows how to cook economy cuts of meats. She knows how to tretch meat flavor, using meat extenders. She knows how to blend lavors to give appetite appeal.

The good cook knows how to make every bit of food count or good eating. She knows how to keep the foods she buys at heir best--through careful storage. She knows how to use "holdvers" so that they can be turned to good account at a later meal. She keeps her eye on food waste and reduces it to a minimum--sends food to the family table, not to the garbage can.

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FOR BROADCAST MONDAY, JUNE 7, 1948

Spinach Is Ready in Home Gardens

(1:30) Early spinach is maturing in home gardens and some of it belongs in freezing units. It does call for considerable preparation time, but it will pay good dividends when it comes time to plan family meals next winter.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says only the very best quality of spinach should be frozen. Freezing does preserve more of the original color, texture, flavor and nutritive value than any other method of preservation, but it does not improve the quality of the fresh product.

Make it the rule to work with small amounts of spinach at one time and complete the preparation as promptly as is possible. Wash the spinach thoroughly and blanch it, using 4 quarts of water for 1 pound of spinach. Blanch for 1 minute exactly, counting the time from the moment the vegetable is placed in the water. Keep the cover on the kettle during blanching, and heat the water continuously.

At the end of the blanching period,cool the spinach quickly. Use running water if possible. If you do not have running cold water, use several containers--sometimes as many as four--and when the water gets slightly warm in one, put the vegetable in the next one.

Drain the spinach thoroughly just as soon as it is cooled. Pack it promptly and seal the containers. Put the containers in the home freezing unit or take them to the locker at once. If the trip to the locker cannot be made immediately, store the containers in the refrigerator, but not longer than three or four hours. Prompt freezing is important to good quality.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, JUNE 8, 1948

Fresh, Crisp Spinach--Let's Use It in Salads

(1:15) Looking for another salad vegetable? Why not try fresh, crisp spinach? Its lush, green color is delightful and its flavor good.

Dr. Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture, suggests we use only a small portion of spinach at first--in case we need to "sell" the family the idea. It is a good plan to give them a chance to learn to enjoy the raw vegetable.

Use lettuce or cabbage as the mainstay of the salad and add other vegetables, along with the spinach,for texture and flavor. Carrot strips, tomato slices or wedges, radish rings--all are first rate salad ingredients. Tender celery, parsley, and a bit of minced onion add good flavor.

French Dressing is the logical choice for crisp vegetables. Select one that is tasty--tart and rather sharp in flavor--and add it to the salad just ahead of serving time. Use only enough dressing to coat or glaze the leaves. Too much dressing tends to rob the vegetables of their crispness and make them soggy.

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FOR BROADCAST TUESDAY, JUNE 8, 1948

Your Refrigerator--Treat It Right

(1:00) What's the temperature in your refrigerator? During the hot weather there is a tendency to set the control at a lower point. Unnecessary cold means waste of fuel and wear on the motor.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that the temperature should be low enough to keep foods safely, but it isn't a good plan to overdo it. Except for the freezing compartment, you won't need a temperature lower than 40°F. On the other hand, the temperature should not be higher than 50°F.

We can help keep temperatures constant by storing foods carefully and in an orderly manner. It is important to make every inch of space count, but overcrowding prevents free circulation of air and slows up cooling.

Don't put defrosting off too long. Do it before the frost on the evaporator becomes a quarter of an inch thick. Thick frost makes freezing take longer, slows down the cooling of foods, and steps up the temperature of the refrigerator.

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Fly Control--Are You and Your Family Helping?

(:45) Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, reminds us that fly control begins with sanitation. Our job is to clean up our own premises--indoors and out--and get rid of breeding places and rubbish.

Flies are a menace to health--we can't afford to have them around. Good sanitary practices plus regular spraying with DDT will get rid of them.

For information about the Illinois Fly Control Program contact your county farm or home adviser, or your local health officer. Fly control is a job we must do ourselves--not leave for the other fellow.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JUNE 9, 1948

Red Raspberries--Let's Freeze Some of the Crop

(1:30) Fresh raspberries are fine for summer meals. There are dozens of ways to serve them, and the family never seems to tire of their delightful flavor and fragrance. However, they are choice for winter meals too, and some should be tucked away in freezer lockers.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that raspberries are easy to prepare for freezing. The main point to keep in mind is that they are very perishable. Preparation should be carried through as quickly as possible.

Choose top quality, ripe berries--purple or red raspberries are better than the black--and sort and wash them carefully. They can be packed plain, mixed with sugar or covered with syrup. However, laboratory tests indicate that covering with syrup gives the best quality frozen product.

Use a 30 to 40 percent syrup depending on the sweetness you desire. (Prepare the 30 percent syrup by using 1 cup of sugar to 2 cups of water. The 40 percent calls for 1 cup of sugar to 1 1/4 cups of water.) The sugar may be dissolved in the water by stirring. If, however, you heat the mixture to dissolve it more quickly, be sure to cool it thoroughly before you pour it over the berries. Leave space at the top of the package--1/4 to 1/2 inch--to permit expansion during freezing. Seal the cartons and freeze promptly.

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FOR BROADCAST WEDNESDAY, JUNE 9, 1948

For Full Value--Cook Potatoes in Their Jackets

(1:00) Potatoes pack good food values under their brown jackets. Early varieties are coming to local markets in quantity and prices are reasonable. Let's tuck them into market baskets and serve them often.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to cook potatoes in their jackets--if we want to take advantage of their full food value. Boiling in the skins conserves even more vitamins than baking them. So start with potatoes boiled in their jackets--whether you serve them mashed, creamed, parslied, or hashed brown.

In buying, remember that the best potatoes are firm and clean and free from cuts, decay or green spots. Medium-size potatoes are usually the most desirable for general use. But the size you choose should depend on how you plan to use them.

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Laundry Work--Make Yours Easy to Do

(1:00) Doing the family laundry week after week is one of the jobs most of us do not relish. It is a messy job and one that calls for time and energy aplenty.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that where the washing is done makes a great difference in the amount of effort it takes to do it.

Use the first floor if possible. Many steps will be saved if you can arrange a place near the water and the stove. Loads will then not have to be carried up and down stairs, and the children can be looked after more easily. Other interruptions--answering the telephone and the door bell--can be managed with less loss of time and energy.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, JUNE 10, 1948

Canning Peas? Look Out for Flat Sour

(1:30) Flat sour is one of the hazards that always seems to be waiting just around the corner when we can peas. Prevention is the only solution, because once flat sour sets in it is too late.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says flat sour is generally due to heat-loving bacteria. It may result from lack of proper cooling at any stage of the preparation--even in the basket or box before the peas are shelled.

The safest plan is to work with a small quantity of the vegetable--unless there are extra hands to help--and complete the canning promptly. If peas must wait in the pods, spread them out to permit circulation of air, and store them in a cool spot. DON'T LEAVE THEM HEAPED IN THE BASKET OR BOX.

Once you have completed the processing, cool the jars or cans promptly. Place the jars on a rack and far enough apart to permit free circulation of air. Avoid direct drafts.

Plunge tin cans into cold running water and leave until thoroughly cooled. If running water is not available, change the water as needed. Do not permit it to become warm.

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FOR BROADCAST THURSDAY, JUNE 10, 1948

Housedresses--Cook County Women Report

(1:00) Home bureau women in Cook County, Illinois, have definite ideas about the kind of housedresses they want. Their opinions are a result of several years of clothing program work and recent "Consumer Speaks" discussions.

The 500 women--rural and urban--who studied the problem voted unanimously for sanforized materials--residual shrinkage not over 1 percent--and materials that are fast to washing and to sun. They want good construction and workmanship so that the garment will give service for a reasonable period of time.

These homemakers prefer dresses that are practical and comfortable, but they want them to be trim, neat and attractive. They ask that the garments be designed for action--that they have a full skirt and back, and short, loose sleeves. They want dresses that are simple in design so that they will be easy to wash and iron and easy to put on.

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Disregard of Signs Costs Lives

(:45) Highway and rail accidents took 1,794 lives and injured 4,238 other persons last year--1947. Disregard of traffic signs, signals and pavement markings was an important factor.

The National Safety Council reports that for every 100 drivers involed in fatal accidents, 8 were reported to have disregarded an officer or traffic control device; 21 were exceeding set speed limit; 11 were on the wrong side of the road; and 3 were passing improperly.

ACCIDENTS DON'T HAPPEN--THERE IS ALWAYS A CAUSE.

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7/7/48

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Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, JUNE 11, 1948

Want a Tall Frosty Drink? Try Grape Rickey

(1:30) Cool, frosty drinks are the order these hot summer days. With a few of the "makings" tucked away in the refrigerator, you can have them ready quickly and with little effort.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says Grape Rickey is popular and easy to make. It calls for supplies that are easy to store.

Here's the recipe!

GRAPE RICKEY

1 quart grape juice	1 cup orange juice
1 quart water	Sugar syrup to sweeten
1/4 cup lime or lemon juice	Fresh mint

Combine ingredients, sweeten to taste, and pour over hipped or crushed ice in tall glasses. Garnish each glass with section of orange or lemon and a sprig of fresh mint.

If you prefer, use pineapple juice in place of the orange uice. Or, omit the orange juice and add about 1/4 cup of the rushed pineapple along with the lime or lemon juice. Shredded resh pineapple gives even more delicious flavor than the canned.

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FOR BROADCAST FRIDAY, JUNE 11, 1948

Peas for the Freezer--Selection Is Important

(1:00) Fresh, tender peas are coming to market. Soon they'll be maturing in home gardens. You'll want to tuck a goodly supply into your freezing unit or locker for winter meals.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, warns that time is important. Peas lose quality very quickly after they are picked. They become starchy and lose sweetness if held at summer temperatures and should be frozen within a few hours after picking.

If you are working single-handed, plan to work with a small quantity of the vegetable at one time. Select them carefully, and complete the preparation just as quickly as is possible. The shorter the time between garden and freezer, the better the quality of the frozen product.

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Illinois Rural Chorus--Another Honor Received

(1:00) Illinois Rural Chorus has been invited to sing at the DuQuoin Music Camp--the second largest music camp in the United States. Saturday, July 10 ,has been designated as Illinois Rural Chorus Day.

Robert Haley, specialist in rural sociology, University of Illinois College of Agriculture, reports that all county chorus groups are invited to participate. On July 10 Noble Cain, arranger of two of the numbers included in the program this year, will be on hand. He will direct the entire choral group in his two numbers.

Members of county chorus groups planning to attend should contact their directors regarding arrangements. This is the third year the music camp has been held at DuQuoin. Approximately 500 singers--from every state in the United States, and from all sections of Illinois--are planning to attend.

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Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JUNE 12, 1948

Raspberry Cream Pie--Easy to Make and Extra Good

(1:00) Want an extra special dessert? Try Raspberry Cream Pie. It is quick to make, easy to fit into menu plans, and near the top of the list in popularity.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you use your own favorite recipe for cream pie filling. Cool the mixture thoroughly and fold in about 1 cup of red raspberries before you turn it into the baked pie shell.

If you want to make the dessert extra delicious--and your budget will permit--top the pie with a generous portion of whipped cream. Or, better still, fold the whipped cream into the custard along with the berries.

There may be occasions when you'll prefer to serve a custard instead of pie. Simply heap the filling into serving dishes instead of into the baked pastry crust. Serve plain or topped with whipped cream and garnished with a few whole raspberries.

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FOR BROADCAST SATURDAY, JUNE 12, 1948

Check Position of Refrigerator--It Is Important

(1:00) Home refrigerators are working overtime these summer days. The kind of care we give them determines, to a great extent, the kind of service they give us.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says the position of the refrigerator--how and where it is placed--is important. It deserves a cool spot and should stand firm and level.

If your refrigerator is operated by electricity, gas, or oil, be sure to check circulation of air around the cabinet. There should be at least 2 1/2 inches of space between the back of the cabinet and the wall and from 8 to 10 inches of open space above the refrigerator. It is important that the heat which escapes from the refrigerator be carried away. Free circulation of air will do the trick.

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Meat Prices High? Depends on Selection

(1:00) How much of your week's food money do you leave at the meat counter? If you are spending more than your budget will allow, check prices on the various cuts and types of meat. Fortunately, some of our most nutritious meats are still popular in price--depending on the wisdom we use in making our selection. Liver is an excellent example.

Professor Sleeter Bull, University of Illinois College of Agriculture, reminds us that pork liver usually sells at one-third the price of veal and one-half the price of beef liver. It is more tender than beef liver and most people cannot tell it from veal liver if it is cooked with bacon or onions.

Pork liver has plenty to recommend it from the standpoint of nutrients, too. Both veal and beef liver are important sources of iron, but pork liver contains three times as much iron as beef and four times as much as veal liver.

If you want pointers on buying pork, send for a copy of Professor Bull's circular "PORK FOR THE TABLE." Write to the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, JUNE 14, 1948

Food Is Costly--Let's Not Waste It

(1:00) Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, reminds us that time, energy, and money are all involved in preparing food for freezing. Careful preparation and good equipment is the order.

One very important step in the preparation is selection of the container or package. Only containers that can be sealed tightly and will not leak should be used. The more moisture-proof and vapor-proof the carton, the better quality the frozen product will be.

Plan to work with small amounts of produce at one time--when you work single-handed--and carry the preparation through promptly. Delay in preparation and delay in freezing usually means food waste. Delay always means an inferior frozen product.

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FOR BROADCAST MONDAY, JUNE 14, 1948

Cottons--Iron Them with Care

(1:15) Time was when we gave very little attention to the ironing of a cotton blouse or dress. Materials--percales, ginghams, calico--were quite well standardized as to weave and finish. They presented little difficulty when it came to the ironing.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says today's cotton dress or blouse calls for care in ironing--just as does a dress or blouse made of some other material. Cottons are coming to market in new weaves and new finishes. These should be considered in the ironing as well as in the washing.

Study the material before you launder it. If there is doubt about results, test a sample and check results. When it comes to the ironing, decide about the amount of moisture needed in the material for best results. Check the weave of the material carefully and iron with the weave--both lengthwise and crosswise.

Most cottons retain more of their original "new" look if they are ironed on the wrong side. Usually only a small amount of right side pressing is needed to complete the job.

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f Jelly Spoils Check Storage

(:30) Miss Grace Armstrong, nutritionist, University f Illinois College of Agriculture, says if jelly molds, check our storage place. Usually you'll find the place is too damp r too warm, or both.

The best paraffin seal and tin-friction-top lid are not dequate protection unless the jelly is kept cool and dry. If oisture collects beneath the paraffin, it may break the seal and ermit the entrance of molds and yeast spores. IF THE JELLY MUST E STORED IN A WARM OR DAMP PLACE,AN AIRTIGHT CONTAINER SHOULD BE SED.

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Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, JUNE 15, 1948

New Potatoes--Serve Them Often

(1:00) New potatoes are rolling to market. If we are thrifty--have our eye on the food budget--we'll give them space in our family market basket. They are "right" in price and yield food energy aplenty, along with important minerals and vitamins.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says the best way to save food values is to cook potatoes in their jackets. And, of the two ways of cooking them in their jackets, boiling saves more vitamins than baking.

If potatoes are not to be cooked in their jackets, peel them just before cooking. If it is necessary to peel them ahead of cooking time, put them in salted water. Serve them quick-cooked and steaming hot. The longer they stand exposed to air, the more vitamin C they lose.

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Wilted Spinach--Have You Tried It?

(:30) Of course you've served wilted lettuce, but have you tried wilted spinach? Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, suggests that it is even more tasty than the lettuce.

Use your recipe for wilted lettuce, and select young, tender spinach leaves from the home garden or local market. For extra flavor, simmer a few chopped chives or young onions in the hot fat before you add the vinegar and other seasonings.

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FOR BROADCAST TUESDAY, JUNE 15, 1948

To Soak or Not to Soak

(1:15) Opinions seem to differ as to the value of soaking clothes ahead of the washing. Some believe that it saves neither time nor energy. Others are of the opinion that it pays good dividends.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says soaking in clear, cool water (70° to 90°F.) does help to remove food stains and dirt. However, overnight soaking is tabu.

A short soaking period--10 to 15 minutes for white clothes and 5 to 10 minutes for very soiled colored clothes gives better results. Another advantage of the short soaking is that one load can be soaked while another is being washed.

However, when water is scarce, soaking can be omitted entirely. Good results can be obtained if the washing is started in lukewarm suds. Hot water must be added later, of course, in order to get the clothes clean and white.

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Fly Control Spells Disease Prevention

(:45) Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, warns that flies are common carriers of disease germs. As many as four million bacteria have been found on the body of a single fly, with millions more in its intestines.

Fly control begins with sanitation. Organizations throughout the state--urban and rural--are on the job to get rid of flies. They cannot succeed working alone. Every family in every community in the state must help.

If you want information about ridding your premises--your home--of this pest, contact your county farm or home adviser or your local health officer. THE FLY CONTROL PROGRAM IS YOUR PROGRAM.

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Homemaking Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JUNE 16, 1948

Teaspoons Do It

(:45) How much waste fat can you salvage each week? Each month? Perhaps you think the amount would be far too small to count. You're mistaken.

Over 700 million pounds of used cooking fat have been salvaged in the United States. A goodly share of it has come from home kitchens--salvaged drop by drop. Used fat has helped to ease acute shortages of fats and oils all over the world. The situation is still acute--the supply still short.

Fat salvage is an opportunity to turn a waste product into cash. This is the only food conservation measure that actually pays money. YOUR MEAT DEALER WILL BUY EVERY POUND YOU TURN IN.

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Sunburn--Take It in Easy Doses

(:45) Vacation time means more hours out of doors--on the beach, along the trail. A good coat of tan is lovely to look at, but it can be painful unless taken in easy doses.

Miss Fannie M. Brooks, health education specialist, University of Illinois College of Agriculture, warns that the sun can and does cause serious burns. The skin should not be exposed for any great length of time before a good tan has been acquired. Prevention is the best measure. Take the sun gradually and build up your coat of tan. Don't attempt to get it all the first day.

Keep in mind that a severe sunburn should be treated with the same respect as any other burn of the same size. If a fever develops, don't delay--call a physician at once.

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FOR BROADCAST WEDNESDAY, JUNE 16, 1948

Swiss Steak--How Many Variations Do You Know?

(1:15) Swiss steak is a popular dish these days. It is easy to prepare and easy on the pocketbook compared with other kinds of steak. There are so many variations--ways to prepare it--that it can be served often and still be interesting.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that Swiss Steak served with onion gravy is a delightful dish. Prepare the dish in the usual way, and add one or two cups of thinly sliced onions during the last half hour of cooking.

Spanish steak is another interesting variation. Follow the usual recipe for Swiss Steak, using 3/4 pound of meat. Brown 1/2 cup of chopped onion and 1/2 cup of chopped green pepper in a small amount of fat. Cook 1 cup of macaroni in boiling salted water until tender. Mix the macaroni, onions and peppers with your favorite tomato sauce and serve over the meat.

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Observe Traffic Signs--Look Out for Children

(1:00) School is over! Those warning signals telling us to slow down--a school is just ahead--won't mean so much for the next few months.

On the other hand we'll be finding children playing any place, and at all hours of the day and evening. Their games will be carrying them back and forth across streets and highways and roads. The responsibility of watching out for youngsters rests with parents and drivers.

If a group of youngsters is seen ahead, there is only one safe thing to do--slow down--and to such an extent that you have perfect control of the car. In residential districts it is especially important to modify speed at all times and keep eyes and mind entirely on the driving. Let's drive carefully at all times.

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Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, JUNE 17, 1948

New Peas--Cook Them Covered and by the Clock

(1:00) There are a number of methods of cooking new peas, but opinions differ somewhat as to the "best"method. One point often discussed by home cooks is whether the peas should be covered during the cooking period.

Miss Virginia Charles, foods research specialist, University of Illinois College of Agriculture, says laboratory tests indicate that the utensil should be covered tightly. More of the nutritive value and the fine flavor and color of the vegetable are retained than when the cooking is done without a cover.

Either a heavy saucepan with a tight-fitting cover or pressure saucepan may be used to good advantage. Only a small amount of water should be added, and the cooking should be done with the eye on the clock. Allow approximately 20 minutes for cooking in a heavy saucepan, and about two minutes in the pressure saucepan at five pounds' pressure.

Serve the peas promptly--just as soon as they are cooked. Dress them with a butter sauce or a small amount of sweet cream, and send them to the table piping hot.

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FOR BROADCAST THURSDAY, JUNE 17, 1948

Dresses for Summer Comfort--Give Attention to Design

(1:00) Summer weather in Illinois is not always pleasant. When the thermometer climbs, we want dresses that are cool and comfortable to wear, and easy to wash and iron.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, reminds us that the design of the garment is of first importance. We should keep it in mind when we buy a ready-made dress or when we select a pattern for home sewing.

Garments designed to fit loosely are cooler than tight-fitting ones. Dresses that open down the front, or that have good length plackets and ample head space, are convenient to put on and are easy to iron.

Short sleeves, low necklines and skirts that are not too full and not too long, make for personal comfort when the weather is hot and humid. Bindings and facings are a better choice than cuffs and collars that fold back over the garment and add extra material.

Belts that are set in between the blouse and skirt are more comfortable than the separate ones and are easier to manage. Shoulder pads--should not be too thick and heavy. Pads that are light in weight and can be removed for laundering are the logical choice.

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Grass Stains on Clothing--How to Remove

(:45) Grass stains on clothing seem to go hand in hand with picnics and lawn parties. The ease with which they can be removed depends on the fabric, and on whether or not it is colored.

White cottons and linens call for one method, while colored ones--unless they are color-fast--require another. Silk, wool and synthetic materials require still other methods.

For complete directions for removing grass stains from the different materials--white and colored--send for a copy of the USDA bulletin STAIN REMOVAL--HOME METHODS. Write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed--free of charge--on request.

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Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, JUNE 18, 1948

Cream Salad Dressing--Easy to Make and Good

(1:15) Crisp, fresh greens belong in summer menus. We can serve them often if we keep them interesting--if we vary both the preparation and the serving.

Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, recommends Cream Dressing for lettuce, spinach and cabbage salads. It is quick to make and delicious. Add it to the crisp vegetable just ahead of serving time.

CREAM DRESSING

1/2 cup thick cream	1/4 teaspoon salt
3 tablespoons vinegar	Few grains pepper
2 tablespoons sugar	1/4 teaspoon dry mustard

Beat the cream until stiff; add vinegar and seasonings slowly, continuing the beating.

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Spray Screens and Porches--Get Rid of Flies

(:15) H. B. Petty, entomologist, University of Illinois College of Agriculture and the Illinois Natural History Survey, says to get the fly before he gets inside the house. Spray screens and porch walls and ceilings once a month--regularly--with DDT.

Use a 5% DDT oil spray or a 25% DDT emulsion diluted to 5% strength. Do a thorough job of spraying, and maintain the schedule throughout the summer and early fall months.

FLIES ARE A MENACE TO HEALTH. LET'S FIGHT THEM!

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FOR BROADCAST FRIDAY, JUNE 18, 1948

Home Freezers--Pointers on Operation

(1:00) A home freezer can mean food saved or food wasted, depending on how efficiently it is operated. Preparation of food for storage, care in storage, maintenance of temperature--all are important.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says the temperature of the freezing compartment must be 0°F. or lower. Don't attempt to freeze too much food at one time or in a 24-hour period. Manufacturer's directions for operating the freezer usually give this information.

Remember that thick or heavily wrapped packages take longer to freeze than those of medium size with only enough wrapping to protect the food. The more nearly moisture-proof and vapor-proof cartons and packages are, the better the frozen product will be.

After freezing, store the food at 0°F. or lower. At higher temperatures, frozen foods lose both eating quality and nutritive values.

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ash 'em Safely

(:15) Miss Gladys Ward, home management specialist, niversity of Illinois College of Agriculture, says if you are uying a washing machine of the wringer-type to keep safety in ind. Check the machine and be sure that it comes equipped with safety release wringer. This device prevents serious injury-- n case fingers accidentally start through with the clothes.

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Homemaking Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JUNE 19, 1948

Disconnect Your Iron--Don't Take Chances

(1:00) Let's pretend it is ironing day and you're hurrying to get the job done. You are called to the door or the telephone rings--what happens? Do you disconnect the iron before you leave the board, or do you leave it operating at top speed?

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to disconnect the iron at the wall plug. Don't leave it for a minute unless you do. Make this a habit and you won't be concerned about a fire starting from an overheated iron.

Keep the cord away from the hot iron at all times. When you store the iron, cool it thoroughly; then loop the cord into a loose ring or figure eight to prevent knots and kinks, and store it covered. The original box is a fine storage spot.

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Frozen Foods--Keep Them Frozen Until Ready to Cook

(:15) Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, advises keeping fruits and vegetables frozen until they are needed. Take only a few from the locker at one time, unless you can keep them frozen at home.

After frozen foods have thawed, the bacteria in them multiply. When this happens, the food rapidly loses flavor, texture and nutritive value.

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FOR BROADCAST SATURDAY, JUNE 19, 1948

An Old Fashioned Favorite--It's Worth Trying

(1:30) Plain boiled beef with vegetables can be mighty tasty. It depends on the seasoning and the cooking.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says brisket of beef is the meat to use. It has much in its favor, for it is one of the less costly cuts and it will add flavor aplenty to the vegetables. Allow about three pounds for five or six servings--depending on appetites.

Cover the beef with water, bring to boiling and add the seasonings. There are many seasonings that are fine with beef, but a few cloves, four or five allspice and a sprig or two of parsley, along with a cup of diced celery make for good eating. Tie the cloves and allspice in a cheesecloth bag so that they can be removed easily. Simmer the beef until it is almost tender; then add the vegetables.

Select vegetables to suit family tastes--as the budget will allow. New carrots, potatoes, cabbage wedges and a few young onions are usually a good choice. Simmer until the vegetables are tender. DO NOT OVERCOOK THEM. Place the meat on a large platter or serving plank, surround it with the vegetables and send it to the table piping hot.

If you are looking foraccompaniments for the main dish, try horseradish sauce and cornbread. It's a combination that's sure to please and easy on time schedules, as well as your pocketbook.

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Homemaking Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, JUNE 21, 1948

Cherry Pie--Few Things Are More Delicious

(1:00) Few desserts are more delicious than fresh cherry pie, especially when served with a wedge of good cheese. Home freezers and freezer lockers make it possible to serve it any time of year--winter as well as summer.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, reminds us that sour cherries (pie cherries) are one of the easiest fruits to prepare for freezing. Use only firm ripe fruit, wash it and remove the stems and pits.

Measure the pitted cherries and add 1 cup of sugar for 3 cups of the fruit. Mix carefully in order not to crush or break the cherries, and fill containers. Use containers that can be sealed tightly and that will not leak. The more nearly moisture-proof and vapor-proof the containers are, the better the frozen product will be.

As soon as you have filled and sealed the packages, store them in your freezing unit or take them to the locker. Remember, the shorter the time between harvesting and freezing the cherries, the better their flavor, color and texture will be.

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FOR BROADCAST MONDAY, JUNE 21, 1948

New Potatoes--Keep Them Interesting

(1:30) How many ways can you serve new potatoes? Why not make a game of it and serve them a different way every day for a week--or even two weeks? New potatoes are coming to local markets in quantity. They are reasonable in price and can be as fine-tasting as you care to make them.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests some serving tricks that may be new to you. At any rate, they are worth considering.

Scrape the potatoes and cook them in boiling salted water until tender. Roll them in melted butter, then in mixed parsley. Squeeze a bit of lemon juice over them and serve promptly.

Or, cook the potatoes until tender: and then, using the back of a spoon press them just enough to crack them. Turn them into a hot serving dish, pour over about 1 cup of steaming milk or cream to which has been added a small portion of butter. Sprinkle with paprika.

If you prefer, leave the skins on the potatoes. Scrub them thoroughly with a brush, and cook them in boiling salted water. Add a sprig of fresh dill about five or 10 minutes before the end of the cooking period. Some folks prefer the flavor of mint with new potatoes instead of the dill. A few sprigs of fresh mint boiled with baby potatoes gives a delightful tang and a flavor that is unusually pleasing.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, JUNE 22, 1948

Want Extra Special Preserves? Freeze Fruit First

(1:15) Time was when we thought preserves and jellies had to be made when the fruit was in season. Not so today. Research and modern equipment make it possible to turn out a top-quality product at any season.

Miss Jean Chase, foods research specialist, University of Illinois College of Agriculture, says they have stored strawberry preserves and raspberry jam made from frozen fruit for six months and have found them excellent. They were just as bright in color and fresh in flavor as products made and served while the fruit was in season. They were SUPERIOR to products made of fresh fruits and stored six months--even when storage conditions were excellent.

Laboratory tests indicated that frozen berries made better jellies than the fresh ones. The freezing and thawing broke down the cells of the fruit and allowed the natural colors to dissolve in the juice. As a result no heating of the fruit was necessary for extracting the juice.

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FOR BROADCAST TUESDAY, JUNE 22, 1948

Double Saving--For Your Budget

(:15) How's your budget? If it is a bit on the lean side perhaps you'll welcome a chance to do a bit of "double" saving.

Fat salvage is one way to cut down expenses during these days of high costs. Besides being paid by your meat dealer for used kitchen fats,you stand a good chance to save on plumber's bills. Fat turned down the sink rather than into a salvage container usually spells trouble.

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Potatoes--For Thrift and Good Eating

(1:10) Prepare them as you will, potatoes are good for us to eat. At present they are so economical in price that we are missing opportunites to keep food budgets in line unless we make good use of them.

Miss Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, says to go easy on the water when we cook the peeled potatoes. The more water we use, the more nutrients we lose.

Water left from cooking potatoes should not be discarded. Put it to good use in sauces, soups, and gravies. It can go into scalloped vegetable and meat dishes. It can be used as part of the liquid in making bread and rolls.

Twice cooking potatoes--frying boiled potatoes, for example--means more vitamin loss. And you lose more vitamins in frying raw potatoes than you do in boiling.

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Homemaking
Radio News

ITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JUNE 23, 1948

Vacationers! Look Out for Wood Ticks

(1:15) Common wood ticks of Illinois are known to be infected with the organism which produces Rocky Mountain spotted fever. Dr. Roland R. Cross, state director of public health, warns vacationers to avoid areas believed to be infested with ticks.

While Rocky Mountain spotted fever is by no means a major hazard,it is becoming more common in the state. Since 1934--when the disease first appeared in Illinois--more than 225 cases have been reported representing a majority of the 102 counties. Five cases already have been reported this year, and the disease is more prevalent during the summer months.

Rocky Mountain fever is transmitted through the bite of an infected tick. The ticks are usually infected by small wild animals--mostly rodents.

To avoid Rocky Mountain spotted fever, Dr. Cross advises picnickers to wear clothing tight at the wrists and ankles; to remove promptly any ticks that may be found on the body; and to avoid areas known to be infested with these insects.

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FOR BROADCAST WEDNESDAY, JUNE 23, 1948

Transparent Apples--They're Ready for Market

(1:30) Illinois transparent apples are on their way to market. The crop is said to be smaller than last year,but size and quality are reported to be better. Let's take advantage of them.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says few apples are better for sauce than these early transparents. Serve the sauce plain--sweetened to taste with good rich cream 'long side--or vary it to suit family tastes and to keep it interesting.

One interesting variation is to blend a small portion of orange marmalade into the unsweetened apple sauce. Fold in a portion of whipped cream and turn the mixture into the freezing tray of the refrigerator. Chill thoroughly, or, if you prefer freeze and serve as you would frozen pudding or ice cream.

Another popular flavor trick is to spread buttered slices of bread with a thick layer of apple sauce. Sprinkle with cinnamon and sugar and place in a hot oven or in the broiler just long enough to crisp the edges of the bread and to melt the sugar and brown it lightly. Apple toast is perfect for breakfast or lunch and makes an excellent dessert for the family dinner. When you serve it for dessert, top it with a small portion of whipped cream or ice cream.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, JUNE 24, 1948

Vacation Time--Let's Keep It Safe and Happy

(1:00) Summer time is vacation time, and it can be a happy time for all concerned provided we take it in stride--travel safely and play safely. We need to tuck a few precautions into our picnic baskets and travel kits along with the other items.

Miss Fannie M. Brooks, health education specialist, University of Illinois College of Agriculture, says swimming is one of our best forms of exercise--provided we take it in proper doses and use proper precaution. Pools and beaches must be maned by life guards. Don't take chances and endanger your life and perhaps the lives of others.

Another precaution is never to swim unless at least one other person--and that person a good swimmer--is near at hand. Cramps sometimes disable the best of swimmers.

Know the depth of water before you dive--it may prevent a broken neck. Avoid bathing beaches where the water is polluted and the beaches untidy.

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FOR BROADCAST THURSDAY, JUNE 24, 1948

Potatoes--They're Fine Penny Stretchers

(1:15) Potatoes are good buys these days. They'll make your food dollar go further than you'd guess. Thrifty shoppers are giving them plenty of space in market baskets.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says potatoes give us more food energy for the money than any other vegetable. In addition, they have vitamin C, and little is lost if they are properly cooked. We can count on them for other vitamins and for important minerals too.

Don't avoid potatoes just because you happen to be watching calories--and your waistline. The secret is to watch what you add to potatoes--use less butter, gravy and sauces.

Potatoes are no more fattening than many other foods. Suppose we check their record: We don't get any more calories from one medium-sized potato than from an apple or a banana. The potato has only one-third as many calories as a piece of two-crust berry pie.

Potatoes give us food energy at low cost. They are coming to market in good supply, and they're tops in quality. Let's serve them often, keep them interesting and stretch our food pennies.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, JUNE 25, 1948

Salad Dressing--Select for Flavor

(1:30) No doubt you have heard the expression, "It's the dressing that makes the salad." Perhaps this isn't entirely true, but certainly salad dressing can add interest and flavor aplenty--provided we select it carefully.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests Lemon-Cream Dressing for fruit salads. Fresh fruits are coming to market in great variety, and a good dressing will make it possible to serve them often.

Lemon-Cream Dressing

3 tablespoons honey
1 tablespoon lemon juice
1/2 cup whipping cream

Combine honey and lemon juice. Just before serving, add to cream which has been whipped. Serve on fruit salad. This dressing cannot be stored, as it separates on standing. Makes one cup.

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FOR BROADCAST FRIDAY, JUNE 25, 1948

Vacation Time--Clothes for Travel

(2:00) Vacation time usually means travel, and travel brings questions. One of the important questions--so far as women are concerned--is: What clothes shall I take? Naturally the mode of travel--plane, train, boat, car--does make a difference, but the problem is one which must be solved.

Miss Fern Carl, University of Illinois College of Agriculture, says to travel light. Don't take more than you actually need. One of the most common mistakes is taking too many garments. Too many garments mean extra packing and repacking at every stop. That means extra care all along the way.

The first step in planning a vacation wardrobe is to take stock of the garments you have on hand. If it is necessary to buy new garments, select them carefully. Buy according to your needs, and be sure those needs are real.

Give attention to the design of the garment as well as to the material. Tailored clothing packs better than skirts that are too full and dresses with ruffles and pleats. Some materials wrinkle less than others when packed, depending on the kind of material, weave and finish. Prints usually show wrinkling less than plain materials. Dark colors call for less care than light ones.

When you plan your travel wardrobe, select garments that are interchangable--for example, a jacket or blouse that can be used with more than one suit or skirt; and shoes, hats, gloves that are in keeping with the entire wardrobe.

Make it a rule to travel light. Select garments that are practical and easy to care for, but at the same time attractive and becoming. Take only the garments you will need, and be sure those needs are real.

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Homemaking
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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JUNE 26, 1948

Pressure Canner--Check and Double-Check

(1:30) Successful canning depends primarily on using ripe, firm, fresh products and following reliable canning instructions to the letter. But successful canning also depends on having equipment in good condition and operating it efficiently.

Miss Grace Armstrong, nutritionist, University of Illinois ollege of Agriculture, cautions that the pressure canner should be n the best possible working condition. Check carefully to see hat no steam--or very little--leaks out where the cover and kettle join. The high temperatures needed in pressure canning are btained by keeping the steam within the canner to build up steam ressure.

If you allow too much steam to leak out, you may not be able to maintain the pressure necessary for processing. In addition, you are likely to boil the canner dry.

For your personal safety, keep these "don'ts" in mind: Never release the steam suddenly from the canner, and do not remove the lid until you have released the steam. When you remove the cover, lift the back of the rim first. This permits the heat to escape away from your face and arms. Remember that accidents don't just happen. They are caused. Carelessness and hurry often result in accidents.

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FOR BROADCAST SATURDAY, JUNE 26, 1948

Velva Fruit--A Tiptop Dessert

(2:00) Berries are coming to market in quantity, and they are maturing in home gardens. There are many ways to serve them, but one very popular dessert is Velva Fruit.

Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, says almost any kind of fruit can be used. It should be fresh, fully ripe and flavorful. Mash it to a pulp, mix it with sugar to sweeten and add a little gelatin.

Freeze it, pack it, store it and serve it. As you eat it, you will say it is like fresh fruit and smooth as velvet. Here's the recipe--a fine dessert for tonight's dinner.

Velva Fruit Recipe
(1 gallon approximately)

6 cups fruit puree
1 1/2 to 2 cups sugar
2 tablespoons lemon juice (omit for acid fruits)
1/4 teaspoon salt
2 tablespoons granulated gelatin
1/2 cup water

Mix fruit puree, sugar, lemon juice if used, and salt. Soak gelatin in cold water 5 minutes to soften, then dissolve by heating over boiling water 10 minutes.

Fruit puree should be cool (70°F.) when added to gelatin. If it is too cold, the gelatin will congeal; if too warm, the mixture will expand too much when whipped in the freezer.

Add puree mixture slowly to the gelatin, stirring continuously. Pour into ice-cream freezer. Using a mixture of 8 parts ice to 1 part salt, freeze 20 minutes or until the crank turns hard and the mixture is firm and clings to dasher. Remove dasher. Velva fruit may be served soft-frozen or after hardening several hours.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, JUNE 28, 1948

Meat Pennies--How to Stretch Them

(2:00) Meat prices are high and it is difficult to keep budgets in line. However, careful planning of menus and wise buying will help turn the trick.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you keep these points in mind when you select meat:

1. Use variety meats such as heart, kidneys, liver and other organic meats.

2. Extend the meat flavor by using one-dish meals, such as stews or casseroles. Include more vegetables, or combine meat with cereals. Use dumplings, biscuits, pastry-dough or mashed potatoes for top.

3. Use fish any day--not just on Friday. Most meat markets today carry a good variety of fresh fish. When fresh fish is not available, ask about frozen or canned fish.

4. Cook meats the right way. Remember that moderate heat means less shrinkage, more flavor and a tastier dish.

5. Use eggs alone or in combination with other foods, such as omelets with Spanish sauce or hard-cooked eggs with cheese sauce.

6. Nuts are abundant in the market at present. They are rich in fats as well as protein. Peanuts are especially high in nutritive value, and there are scores of ways to use peanut butter in menu plans.

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FOR BROADCAST MONDAY, JUNE 28, 1948

Green Beans--Freeze Them Now

(2:00) Green beans are one of our most popular year-round vegetables. Modern equipment makes it possible for us to preserve much of their lovely color and fine flavor. Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, suggests that selection is the first step in preparing green beans for freezing.

Only beans of the highest quality should be used, as freezing does not improve their original quality. Choose young tender string beans. Remove the stems and cut them into one-inch pieces or lengthwise strips.

The next step is blanching, and it should not be omitted. Use 3 quarts of boiling water to 1 pound of the prepared vegetable. Use a wire basket or sieve or a cheesecloth bag. Lower the product into the kettle of boiling water. Hold it there for exactly 3 minutes--count the time from the moment the vegetable is put into the water. Keep the cover on the kettle during the blanching period, and heat the water continuously.

When the beans have been in the water the required time--3 minutes exactly--lift the basket or sieve out of the water and plunge it into a large container of cold water. Have the container under the cold water faucet so that you can cool the vegetable quickly in running water. Ice water may be used instead of running water; but if you do not have running water or ice water, use several containers--sometimes as many as four. When the water gets slightly warm, transfer the vegetable to the next one.

Drain the vegetable thoroughly and pack it just as soon as it is cool. Use containers that can be sealed tightly and that will not leak. The more nearly moisture-proof and vapor-proof the carton is, the better the frozen product will be. As soon as the containers are filled and sealed, put them in your home freezing unit or take them to the locker at once. Remember that the shorter the time between the harvesting and freezing, the better the product will be.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, JUNE 29, 1948

Fourth of July--Let's Keep It Safe and Sane

(1:00) The retail sale and use of dangerous fire works are absolutely against the Illinois law. This means any fire works that produce an audible effect by explosion, such as fire-crackers, rockets, buzz bombs, or torpedoes.

Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, suggests that we can help by reporting the retail sale and use of these dangerous items to our local police or direct to the Illinois Society for the Prevention of Blindness.

We can help, too, by refusing to buy or use dangerous fire works. Let's make this the first year in which there are no fire works casualities in our state. Let's protect our children and our neighbors' children.

Keep in mind the fact that the retail sale and use of dangerous fire works are absolutely against the Illinois law. Supervised public displays are entirely within the law.

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FOR BROADCAST TUESDAY, JUNE 29, 1948

Keep an Eye on the Clock When You Process Food

(1:30) Processing time is important in canning food. When time is too short, food spoilage will result. Overprocessing usually means a loss of color, flavor and nutritive value.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says, when using a pressure canner, to count the processing time from the moment the pressure reaches the correct amount--pounds pressure--for the food being canned. Count the time accurately, and remember that you are canning at high temperatures. A few minutes may make a lot of difference in the canned food.

When the processing time is up, turn off the heat or remove the canner. If you are using glass jars, let the canner cool until theguage reaches zero. Then open the petcock gradually.

These are both important steps, so don't omit them. If you open the petcock suddenly or before pressure inside the canner has dropped to zero, you will have trouble. You will pull liquid from the jars, or you may break the jars.

If you are using tin cans, you need not let the pressure fall to zero. Open the petcock as soon as processing time is up. Be sure to open it gradually and let the steam escape slowly.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JUNE 30, 1948

Transparent Apples--Can Them Now

(1:15) Transparent apples can spell applesauce for meals next winter--provided we do our part. Now is the time to can them while they are in season and at top quality.

Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, says that apples are one of the easiest fruits to can. Select first-quality ones, pare them and cut them into pieces the size desired. It is a good plan to drop them into a weak brine (1 tablespoon of salt to 1 quart water) to prevent discoloration.

Boil the apples in thin syrup from 5 to 10 minutes, and pack them hot into containers. Cover them with the boiling syrup. There is less spoilage and the jars are better filled when the hot-pack method is used than when the apples are packed into the jars cold.

The boiling-water bath is the equipment to use for processing. Process pint jars 5 minutes and quart jars 10 minutes. If you are using cans, process No. 2 cans 5 minutes and No. 3 cans 10 minutes.

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FOR BROADCAST WEDNESDAY, JUNE 30, 1948

Food for July 4

(2:00) Remember the days when the Fourth of July meant a picnic for the whole family? Usually a big bowl of old-fashioned potato salad was tucked into the picnic basket along with the other items.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that old-fashioned potato salad is still in style, but it is important that it be good potato salad. If you want a recipe that won't trick you, try this one. It's easy to make and mighty fine tasting.

6 cooked potatoes, diced
French dressing
3 hard-cooked eggs, diced
1/2 cup diced cucumber
1/2 cup diced celery
2 tbls. minced onion
2 tbls. chopped pimiento
1 tbl. minced parsley
1/2 teas. celery salt
Salt and pepper
Mayonnaise

Marinate potatoes in French dressing for about one hour. Drain, add eggs, cucumber, celery and seasonings. Moisten with mayonnaise.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, JULY 1, 1948

Potatoes--Consider Their Merits

(2:00) Miss Grace Armstrong, nutritionist, University of llinois College of Agriculture, says potatoes have plenty of merit n addition to being plentiful and reasonable in price.

Potatoes have valuable vitamin C. We can count on them or other vitamins and for important minerals too. There is also rotein in potatoes--although not in very large amounts. If we erve them with meat, fish, milk or eggs we add high-quality pro- ein that improves the potato protein.

Potato-Pork Puff is a main dish that combines potatoes ith meat and eggs. It's a fine-tasting combination--one that akes good use of leftovers and is quick to prepare.

POTATO-PORK PUFF

2 cups mashed potatoes	Salt and pepper
Hot milk to moisten	2 tablespoons minced onion
1 tablespoon fat	1 tablespoon chopped parsley
1 egg, separated	1 cup cubed cooked pork

To mashed potatoes, add milk, fat, egg yolk, seasonings, mat. Fold in stiffly beaten egg white. Pour into greased baking dsh. Bake in a moderate oven (350°F.) 30 minutes or until brown. Srves 4.

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FOR BROADCAST THURSDAY, JULY 1, 1948

Athlete's Foot--Prevention Is Watchword

(1:15) Be on your guard--don't let athlete's foot catch you. It's an obstinate condition and difficult to treat.

Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, reminds us that we need to be particularly careful during the summer months. Athlete's foot is a form of ringworm that is transmitted by walking barefoot on moist, infected surfaces. Look out for bathing beaches, bath houses and swimming pools. Contaminated clothing--towels, shoes, bath slippers--can transmit it.

It strikes without warning. Eruptions may appear suddenly and may involve any part of the sole of the foot. It is most common under the instep. Or the eruption may begin with water blisters between the toes and spread down over the entire sole of the foot. It is usually accompanied by intense itching and pain.

Prevention is the best remedy. Wear shoes to protect the feet at all times from contact with moist places which may be infected. And be particular about your shoes and slippers. Wear your own--not your friend's or neighbor's. Use your own towels and wash cloths--don't trade or exchange.

If athlete's foot does trick you, don't experiment and don't delay. Consult your physician so that he can start treatment at once. Athlete's foot is an obstinate condition that is difficult to cure.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, JULY 2, 1948

Upholstered Furniture--Keep It Clean

(1:00) Good housekeeping is a prime "first aid" in moth prevention. Furniture upholstered with wool calls for regular attention.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says wool upholstery should be cleaned frequently. Not only the wool fabric, but the material used for stuffing attracts moths.

Whether you use a brush or a vacuum cleaner, go over all parts of the furniture. Clean along each seam, in every crack or corner, over the front, back and underneath.

Remember that slip covers do not give moth protection. Make it a rule to remove the slip covers occasionally, examine the upholstery and clean it thoroughly.

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FOR BROADCAST FRIDAY, JULY 2, 1948

Tip-Top Dessert--Easy to Make

(2:00) Company coming for the week end? A dessert that you can prepare in advance and tuck away in your refrigerator will simplify last-minute preparations.

Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture recommends Honey Ice Cream. It's quick and easy to make, and it can be served plain or varied to suit family tastes. Here are the directions for making it:

HONEY ICE CREAM
(a refrigerator recipe)

1 1/2 cup milk	2 egg whites
1 cup whipping cream	15 marshmallows
1/5 cup honey	

Slice marshmallows and mix with milk, honey, and egg yolks. Cook over hot water until mixture coats a spoon. Cool. If possible, store in refrigerator for 4 to 24 hours before freezing. Then whip egg whites and mix with custard. Freeze to slush in freezing tray, fold in whipped cream and let harden.

This recipe will make from six to eight generous servings. If you wish to vary it, add fresh raspberries, sliced strawberries or crushed pineapple. Crushed peppermint stick candy is a delicious addition. If you like chocolate flavor, try adding grated chocolate, either the sweet or the bitter.

The best time to add fruit or other ingredients is after the freezing is started, but before the mixture becomes firm. Blend it in carefully and complete the freezing.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JULY 3, 1948

Spot Removal--How to Avoid Rings

(1:15) Spotless clothing is a mark of good grooming. It is equally important to remove stains at once because of the danger of damage to either the fiber or the dye.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, warns that removal of a spot may mean trouble unless the garment is thoroughly clean. Rings will appear when the stain has been imperfectly removed or when too much solvent has been used, or when it has not been evaporated quickly.

To avoid rings, work from the outside of the stain to the center. Take light strokes and feather the edges so that there is no definite line where the dry and moist portions join.

When removing a spot from wool, use a piece of wool for a sponge and work fast. When the stain has been removed, brush the fabric with a dry piece of wool; then hang it in the air. Or, if necessary for rapid drying, hang in front of an electric fan.

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FOR BROADCAST SATURDAY, JULY 3, 1948

Custard for Dessert--It's a Favorite

(1:45) Custard--smooth as satin and delicate in flavor--is a popular dessert. It's quick to prepare, and with a bit of ingenuity you can suit it to many menu plans.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says the important point in making soft custard is the cooking temperature. Overcooking--cooking at too high temperature or for too long a time--will make the custard separate.

Use your basic recipe for Soft Custard, and put the mixture into the top of the double boiler. Set it over hot--not boiling--water. Keep the water below the boiling point throughout the cooking period. Do not permit the water to touch the top of the double boiler.

Cook the custard mixture, stirring constantly, until it forms a thin coat on a metal spoon. Test frequently to avoid overcooking. When done, remove from hot water immediately, and add flavoring and cool quickly.

Serve plain as custard, use as a sauce for plain cake or serve with fresh fruit and berries. Chilled custard poured over red raspberries and topped with whipped cream is a dessert that tastes fine and is smart enough for any occasion.

Canned or fresh peaches topped with chilled custard is another favorite combination. To dress it up, top with shredded coconut or chopped nuts.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, JULY 5, 1948

Picnics Versus Chiggers--What to Do

(1:15) Chiggers seem to be regular visitors at picnics these summer days. In some sections of Illinois, they infest the grass and the woods practically the entire season.

Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, says that it is difficult to protect completely from chigger attack. Entomologists suggest dusting the bodies of children with fine sulfur. This is particularly important during the worst of the chigger season.

But when children have been exposed to chiggers, give them a hot bath, as soon as possible. Lather them all over with a mild soap. Rub it gently into the flesh, and then rinse well. This will help to dislodge any chiggers that may be on them.

To stop chigger bites from itching, try dilute ammonia water, strong salt water or a paste of bicarbonate of soda mixed with water. Try to avoid scratching. If bites become infected, consult your physician at once.

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FOR BROADCAST MONDAY, JULY 5, 1948

Canning Lima Beans? Use Pressure Canner

(1:45) Lima beans are ready for canning. However, they are low in acid, and high temperature is necessary for safe canning.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that a pressure canner is the equipment to use for low-acid foods. Temperatures higher than the boiling point of water (212°F.) are necessary for processing.

Select young, tender lima beans, and shell and wash them. Cover them with boiling water, and bring to the boiling point. Pack hot into containers, adding a small amount of salt--1/2 teaspoon to each pint. Cover with boiling water, and process at 10 pounds' pressure.

Allow 40 minutes' processing time for No. 2 cans. Step up the time to 50 minutes for pint jars and No. 3 cans, and 55 minutes for quart jars. Count the processing time from the time the desired pressure or temperature is reached. Check the pressure carefully, and keep it as uniform as possible. Fluctuation of pressure means uneven cooking temperature and may cause underprocessing. It may also cause extraction of liquid from the jars.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, JULY 6, 1948

Tenderized Ham--Read the Label

(1:00) Summer days call for picnics, and picnics usually call for ham for sandwiches, for salads or just sliced to be eaten "as is." Be sure to read the label or tag--on the ham--it will give you directions for the cooking.

Professor Sleeter Bull, animal science department, University of Illinois College of Agriculture, says most cured hams are "tenderized." This is done by partial or complete cooking in the smokehouse at the packing plant.

As the name indicates, these hams are very tender, but it doesn't hold that they are to be eaten with no further cooking. Read the tag carefully. Unless it indicates that the meat is ready to eat--cook it thoroughly. THIS PRECAUTION IS TO AVOID ANY DANGER FROM TRICHINOSIS.

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Sugar or Sugar Syrup--For Freezing Fruits

(:30) Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says that for best results in freezing, most fruits should be covered with a sugar syrup. However, some of the more juicy fruits are better when mixed with sugar. The sugar draws the juice from the fruit, and the fruit is packed in this syrup.

Blueberries and cranberries are excellent when frozen in a plain pack--without sugar. Raspberries are fair when frozen without sugar or a sugar syrup.

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FOR BROADCAST TUESDAY, JULY 6, 1948

French Dressing--Perfect for Green Salads

(2:00) How many French dressing variations do you know? A basic dressing, plus herbs and seasonings, can keep green salads interesting all through the summer--provided a bit of imagination goes into the mixing.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that French dressing is a simple combination of oil, vinegar and seasonings--easy to make and easy to vary. It is a good plan to vary the seasonings to suit family tastes, but one part vinegar to three parts oil is a good basic proportion to use.

Much interest can be added by varying the vinegar. Now and then substitute herb vinegars--tarragon, marjoram, dill--for the plain vinegar. Buy the herb vinegars or make them by adding herbs to the plain vinegar and letting it stand about 10 days or weeks to absorb the flavor.

To add zest to a chopped green salad such as lettuce, spinach and celery, blend a bit of tasty cheese into the dressing before you add it to the salad. One-third cup of grated snappy cheese or crumbled blue cheese is enough to step up the flavor of one cup of the basic dressing. Two tablespoons of chopped sweet or sour pickle, or chopped ripe or stuffed olives, add flavor aplenty to the dressing.

Another interesting variation--and a popular one--is to add 2 tablespoons of anchovy or sardine paste to the cup of basic dressing. For easy mixing, blend the paste into one-fourth cup of the dressing with the back of the spoon, then add the other three-fourths cup gradually and mix thoroughly. This is especially tasty with lettuce, cucumber and tomato salad.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JULY 7, 1948

Home Canning--Caution an Important Ingredient

(1:15) Home canning is a worth while job--provided it is done safely--from the standpoint of both the food canned and the person who does the canning.

The National Safety Council emphasizes these basic rules: DON'T USE THE OVEN CANNING METHOD. It is responsible for more than 50 percent of the violent canning accidents.

Use the boiling water bath for fruits and vegetables that are high in acid, but be sure to leave room--head space--at the top of the jar. Give the food room to expand as it heats--without exploding.

Use the pressure canner for all foods except those high in acid, and make it a rule to follow the manufacturer's directions for using the equipment. Be especially careful to open the canner only after the pressure has reached zero. Lift the back of the lid first so that the steam will escape away from your face and arms.

Remember that accidents don't just happen--there is always a cause. Caution is an important ingredient for safe canning.

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Meat Alternates Save Food Pennies

(:15) Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, says one very good way to save food pennies is to make good use of meat alternates. Alternates for meat include fish, cheese and eggs. Let's make good use of them.

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FOR BROADCAST WEDNESDAY, JULY 7, 1948

Heat Exhaustion--How to Avoid

(2:00) Heat exhaustion or heat prostration is no respecter of persons. It stalks our mid-west as well as other sections during the hot summer months.

Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, warns that it does not pay to take chances. When heat is intense, muscular exertion must be reduced. Speed of work or play should be slowed down, and more rest should be taken along the way.

Heat exhaustion may result from heat of the sun or from artificial heat--home kitchens are a good example. This month food preservation will be at its height in home kitchens and in community centers. Use good judgment.

Watch the ventilation, and do not work for too long a period without a few minutes' rest. As another preventive measure, wear suitable clothing--loose, thin, light. Eat a light diet and drink plenty of water--12 to 15 glasses daily. Take small quantities frequently rather than large drinks at long intervals. DO NOT DRINK WATER THAT IS ICE COLD.

Make it a habit to rest occasionally--if only for short periods. Check ventilation carefully. Cooling by air currents, and by open but shaded windows will help you keep efficiency at its peak and avoid illness. Plan schedules carefully too, and whenever possible do a goodly share of your work in the cooler part of the day.

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Homemaking
Radio News

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FOR BROADCAST THURSDAY, JULY 8, 1948

Green Beans--Call for Seasoning

(1:30) Green beans or snap beans call for seasoning to keep them interesting. With a record crop developing in home gardens, we'll need all of the ideas we can muster.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says bacon is one of the best "pepper-uppers" for green beans. Mince two or three slices, add a tablespoon of finely chopped onion and fry until tender--do not brown. Turn the cooked green beans into the frying pan, and heat slowly for two or three minutes to blend the flavors.

Another good flavor idea for green beans is butter plus parsley plus lemon juice. Melt the butter as usual--do not brown--and blend in about 2 tablespoons of lemon juice and a teaspoon of minced parsley. Pour over the cooked beans, cover and let stand two or three minutes before serving.

Instead of using butter as a dressing for green beans, try cream--either sweet or sour. Use about 1/4 cup of cream for four servings of the vegetable. Heat slightly, season with salt and pepper, and pour over the beans just at serving time.

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FOR BROADCAST THURSDAY, JULY 8, 1948

Summer Woolens--Tub Them Carefully

(2:00) Washable woolens will launder well if a few simple rules are followed. There are variations in procedure, of course, depending on the type of garment, but there are basic rules that should be kept in mind for all of them.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says the first step is to examine the garment for stains and remove them before you launder it. Likewise, rips and tears should be repaired ahead of washing to prevent the holes from enlarging.

Wash woolens and rinse them in lukewarm water. The temperature of the water should be around 90 to 100 degrees--never more. The water should feel cool to the hand. Hot water or any abrupt changes in water temperatures, such as lukewarm wash water and a cold rinse, will cause the wool fiber to felt and the fabric to shrink.

Do not soak wool any longer than it takes to saturate the fabric with the suds. Soaking weakens the fiber. Use plenty of neutral soap, and dissolve it thoroughly in the water before you put the garment in. Keep a heavy suds on the wash water, and use a second and even a third heavy suds if necessary to remove all the soil.

When at all possible, squeeze the suds through the fabric by hand. Work under water so that the weight of the water in the garment will not stretch it. Rinse thoroughly in several waters to remove all the soap. Squeeze the water out of the garment by hand, and then dry away from the heat. Remember, the hot sun is not good for wool. It dries out the wool fiber, causing it to become brittle and break.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, JULY 9, 1948

Heating Equipment--Summer Is Time to Check

(:15) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that summer time is a good time to check heating equipment. Stove pipes, flues and furnaces should be cleaned thoroughly and made ready for fall use. It's a first-class method of preventing fall fires.

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Want a Quick Dessert--For Company

(1:00) When company arrives unexpectedly around meal time, what do you do? How do you manage? Very often a good dessert that can be whipped up in a hurry will save the situation.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends fresh fruit whip. Use berries, peaches--even chilled applesauce. For six servings, whip one cup of cream and fold in--very carefully--two beaten egg whites, sweetened to taste. Fold in one to two cups of the fruit, and turn the mixture into the tray of your refrigerator.

It isn't necessary to freeze this dessert--in fact, it should not be frozen. Chill it thoroughly--this can be done while the main course of the meal is being eaten--and serve plain. Or, if you prefer, garnish with a few extra berries, chopped nuts or toasted cocoanut.

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FOR BROADCAST FRIDAY, JULY 9, 1948

Mid-Morning Pick Up--Here's a Fine One

(1:45) A mid-morning snack is a fine thing for a lot of folks. When breakfast is eaten early, some food is needed in order to keep efficiency at top speed until noon time.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, recommends Eggnog for a mid-morning lunch. It is packed with nutrients and good for children and grown-ups alike.

To make four servings beat four eggs until they are thick and lemon colored. Add four teaspoons of honey or sugar syrup, and mix until thoroughly blended. Add three cups of milk and a dash of salt, pour into tall glasses and sprinkle very lightly with grated nutmeg or cinnamon.

Eggnog is the perfect answer to "Mother, I'm hungry"--the comment so frequently heard during vacation time when children are on the go from morning 'til night. It's a fine way to include eggs in the diet for those who are not enthusiastic about eggs.

Children as well as grown-ups like variety. If you serve eggnog frequently, dress it up a bit. A dash of vanilla gives good flavor. For a change, sprinkle the top with colored sugar instead of the spice. Another trick is to top the serving with a bit of whipped cream and garnish it with a sprig of mint or a bright red cherry or berry.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JULY 10, 1948

Poultry Calls for Refrigeration

(1:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says poultry should be stored in the coldest part of the refrigerator. This rule should be followed whether the poultry is fresh or frozen. It is the best assurance of maximum protection against spoilage.

Poultry that was not drawn when purchased should be drawn before it is stored. Left-over poultry should be refrigerated promptly. DON'T ALLOW IT TO STAND AT ROOM TEMPERATURE. If the poultry has been stuffed, remove the stuffing and refrigerate it separately.

The same rule for storage applies to poultry that has been cooked several hours ahead of serving time. Remember, it is perishable. Summer temperatures run high. Don't take chances on spoilage. Refrigerate all poultry--frozen, fresh and cooked--promptly.

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Traffic Signs--They Are Important

(:30) Signs and signals are important to pedestrians as well as to drivers and riders. The difference between the red and green light at a railroad crossing--for instance--may be the difference between life and death.

The National Safety Council reminds us that traffic signs are SIGNS OF LIFE--whether we are on foot or behind the wheel. AND IT'S A SIGN OF GOOD JUDGMENT TO OBEY THEM.

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FOR BROADCAST SATURDAY, JULY 10, 1948

Fresh Peaches--Use Them for Flavor

(2:00) Fresh peaches are coming to market. True, they are a bit on the costly side, but these first arrivals always seem to taste best of all. Let's serve them sparingly--as our budget will allow--but let's serve them.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says we can serve peaches now, even on a "just average" budget, provided we plan wisely. There are any number of other foods that can be used to extend or carry the fresh peach flavor.

For a dessert that is unusually tasty, try this scheme. Prepare a soft custard, using your favorite recipe. Cool it and fold in a cup or a cup and a half of sliced peaches. Turn into the serving dishes, chill thoroughly and serve plain or topped with a bit of whipped cream.

If pie is a favorite with your family, use your recipe for cream pie. Bake the shell, prepare the cream filling and cool it. Cover the bottom of the baked crust with a layer of sliced peaches, and pour over the filling. Top with a fluffy meringue, brown quickly and it is ready to serve.

Don't omit peaches from your menus just because the price is a bit high. Use originality and ingenuity to extend their fine, fresh flavor. They will work wonders in keeping meals interesting, and there are scores of ways to use them.

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Homemaking
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SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, JULY 12, 1948

Make Good Use of Tools in Day-by-Day Cleaning

(1:45) Is day-by-day cleaning an easy job at your house, or do you make hard work of it? Sometimes the use we make of the equipment we have can work wonders in lightening the load.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says many of us do not use vacuum cleaner tools to the best advantage. The soft dusting brush that is standard equipment with many sets is too often forgotten.

One job that takes endless time when done by hand is dusting books and book shelves. The soft dusting brush will do the job quickly and efficiently. On the in-between cleanings, run the brush down the backs of the books and over the tops as they stand on the shelves.

Use the extension tubes to reach the high shelves and the top of the bookcase. You won't have to climb on a step-ladder to do the job. You'll save energy as well as time.

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FOR BROADCAST MONDAY, JULY 12, 1948

Moth Protection Finishes--Read the Label

(1:00) Wool textiles--blankets, upholstery, rugs--are now given moth-preventive treatments. These treatments consist of chemical compounds applied to the material as it is manufactured.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that it is important to read the label on these moth-proofed goods. The labels explain what can be expected from each finish.

Some finishes protect the fabric for a stated number of dry cleanings, or for a stated number of washings. Other finishes protect for a stated number of both methods of cleaning.

Wool fabrics--whether moth-proofed or not--should be inspected at intervals. Keep your wool garments and house furnishings clean, and examine them occasionally for eggs and larvae.

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Cheese--It Belongs in Menu Plans

(1:00) Cheese is a concentrated food, and we often use it in relatively small amounts--less than half a pound in a main dish. However, we can bring up the protein by adding other protein-rich foods.

Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, suggests increasing the protein by adding milk and eggs to cheese and making a rarebit. Cheese fondue, cheese omelet and cheese and nut spreads for sandwiches are other dishes that combine cheese with other protein foods.

Cheese is one of our most popular alternates for meat. Like meat, it is an excellent supplement for the protein in bread and other cereal foods, such as macaroni, noodles and rice.

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Homemaking
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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, JULY 13, 1948

Main-Course Sandwich--Here's a Fine One

(2:00) Sandwiches can be hearty--or dainty--depending on the size and the ingredients that go into the making. However, summer days call for hearty ones that can pinch-hit for lunch or supper.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests a hearty one--cottage cheese, pickle and peanut butter, spread between slices of bread and browned to a turn. Here's the recipe:

Cottage Cheese--Pickle--Peanut Sandwich

2/3 cup cottage cheese	8 slices bread
1/3 cup peanut butter, coarse grind	2 tablespoons milk
1/3 cup diced dill or sweet pickles	1/4 teaspoon salt
	1 egg beaten
	Fat

Combine cottage cheese, peanut butter and chopped pickles.

Spread the mixture generously on 4 bread slices and cover with the other 4 slices.

Add milk and salt to the beaten egg and mix thoroughly.

Dip both sides of sandwiches quickly into the egg mixture. Do not soak the bread. Brown on both sides in hot fat over moderate heat.

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FOR BROADCAST TUESDAY, JULY 13, 1948

Electric Range--Give It Good Care

(1:15) Modern electric ranges are so designed and finished that they are easy to clean. However, if they are to give good service, regular care is necessary.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that some special care is needed in addition to the routine daily cleaning. If your range has a deep-well cooker, it should be wiped out with a damp cloth after every use. The pan may be cleaned like any other utensil.

Wash the oven with warm, soapy water. Then rinse and dry it thoroughly. To remove stubborn stains, rub them with household ammonia. Then wash the oven as usual, using a soft abrasive if necessary.

The broiler pan calls for attention after each use. When broiling is finished, leave the pan out of the oven until after washing. If you return it to the hot oven, the heat will bake food particles onto the surface and make them difficult to remove.

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Honey--Store It at Right Temperature

(:45) Honey does not belong in the refrigerator. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says the cool temperature will cause it to crystallize. Once honey has crystallized, there is danger of fermentation.

For best flavor and aroma, keep honey in a tightly covered container and store it at about 70°F. If honey crystallizes, it can be reliquefied by placing the container on a rack in a pan of warm water. Keep the temperature low--150°F. A higher temperature may cause the honey to darken, and some of the flavor and aroma may be lost.

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Homemaking
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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JULY 14, 1948

Peaches for Freezing--Call for Quick Preparation

(1:15) Peaches belong in home freezers. Few fruits are more popular or easier to prepare for freezing. However, they do call for speed in preparation.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says the best plan is to peel and slice just enough peaches for one carton at a time. Pack them and cover with syrup immediately.

The proportion of sugar you use in making the syrup depends on the degree of sweetness you want in the fruit. Research work indicates that a 50 to 60 percent syrup gives good results.

To prepare the 50 percent syrup, use 1 cup of sugar to 4/5 cup of water. For the 60 percent syrup, use 1 cup of sugar to 1/2 cup of water. The sugar may be dissolved in the water by stirring. If, however, you heat the mixture to dissolve it more quickly, be sure to cool the syrup before you pour it over the fruit.

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Home Gardens--Keep Them Growing

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that home gardens help to feed families well, cut food budgets and add to the national food supply.

LET'S NOT NEGLECT THEM--LET'S KEEP THEM GROWING.

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FOR BROADCAST WEDNESDAY, JULY 14, 1948

Kitchen Fat Salvage Important

(1:15) Fat salvage helps put actual cash into the pocket of every salvager--and every drop of fat is needed. Let's do our part and keep right on saving every drop of waste fat that collects in our home kitchens.

According to the Bureau of Agricultural Economics, animal fat production during the rest of this year is likely to be below that of a year ago. Supplies of fats and oils are already far below prewar. This means that kitchen fat salvage must continue to make up shortages of fats and oils.

Every drop counts. Over 700 million pounds of used cooking fat have been salvaged in the United States. A goodly share was saved drop by drop in home kitchens. Used fat has helped to ease the acute shortage of fats and oils all over the world.

Remember, you can sell your salvaged kitchen fat to your meat dealer. He will pay you for every pound you turn in.

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Open Windows--Check Them Carefully

(:45) Open windows are signs of good weather, and this means pleasure for all of us. But open windows are also warning signs--if there are children in the family.

The National Safety Council asks us to be sure the screens are securely fastened. They ask us, also, to teach children not to play at windows and hang over the window sills.

Let's do our best to teach children to play safely. ACCIDENTS DON'T JUST HAPPEN--THERE IS ALWAYS A CAUSE.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, JULY 15, 1948

Illinois Home Bureau Federation Reports Member Gain

(:45) Illinois home bureau added 7,490 members during the past year. Membership now stands at 47,962.

At the recent Citizenship and Home Bureau Organization Conference, MacMurray College, Jacksonville, Mrs. Dale Huffman, state organization chairman, reported 27 counties on the honor roll. All of these 27 counties had made a net gain of 20 percent or more.

Stephenson county headed the honor roll with 147 new members--a net gain of 45 percent. Effingham county stood second with 135 new members--net gain of 42 percent. Wayne county was third with 82 new members--net gain of 42 percent.

When membership was counted by districts, the west-central district led with a gain of 1,702. The southwest district was a close second with a gain of 1,655 members.

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tore Canned Food with Care

(:15) Miss Frances Cook, foods specialist, University f Illinois College of Agriculture, reminds us to store our canned oods carefully. Foods retain more food value and have a better avor and more desirable color and texture when stored in a COOL, Y, DARK place.

Even though food is canned properly, some vitamins are stroyed by heat, light and moisture. It has been found that "-quality canned food becomes "C"-quality canned food in a year's me if it is not stored properly.

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FOR BROADCAST THURSDAY, JULY 15, 1948

Food Poisoning--Be on Your Guard

(1:45) Hot weather is here! The higher the temperature soars, the greater the chances are for food spoilage--and for food poisoning. Let's make careful preparation and prompt storage the rule in our home kitchens.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says hot water and refrigeration are two of the agents that will prevent food spoilage, and likewise food poisoning. Food poisoning can be spread easily by dishes which may LOOK clean but which haven't been thoroughly scalded with boiling water.

Puddings, sauces and cooked dressings should be refrigerated promptly and eaten soon after they are prepared. Ground meats, variety meats--kidney, liver, sweetbreads--are highly perishable and call for refrigeration and prompt use. Spoilage in cooked meat is harder to recognize than spoilage in raw meat, but cooked meat does spoil. It keeps best when covered and refrigerated.

Select foods carefully that are to go into lunch boxes and picnic baskets. Remember that a few hours in a hot car or in the hot sun may mean spoilage.

WHEN IN DOUBT ABOUT THE CONDITION OF THE FOOD--DON'T EAT. IT IS FAR BETTER TO BE HUNGRY FOR A FEW HOURS THAN TO BE SERIOUSLY ILL. DON'T TAKE CHANCES ON SPOILED FOOD.

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Homemaking
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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, JULY 16, 1948

More Wear From Your Rug? Here's How

(:45) Rugs--like most home furnishings--are high in price these days. We need to use all the information we can muster to make them give good service.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says changing the position of furniture on a rug will lessen wear and tear. Turning the rug itself from time to time will add to its serviceability, too.

Check the surface of the floor before you cover it with the rug. Irregularities--uneven spots on the floor--will cause the rug to wear out more quickly. A rug pad or cushion will serve the double purpose of taking up these irregularities and making the rug soft underfoot.

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Read Signs and Observe Them--For Safe Living

(:15) We want to remind you again about the National Safety Council's "Signs of Life" campaign. The campaign is being conducted to make people more conscious of the importance of reading and heeding traffic signs and other safety signs.

During the summer season we should be especially attentive to signs at recreation spots. Impress on the members of your family the importance of noticing and obeying such warning signs as "No Swimming" and "Please Extinguish Camp Fires."

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FOR BROADCAST FRIDAY, JULY 16, 1948

Peach Cheese Pie--Have You Tried It?

(2:00) Fresh peaches and cottage cheese are a fine flavor team. No doubt you have used them in salad, but have you tried Peach Cheese Pie? It is a delightful combination and not difficult to prepare.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that it is a good way to serve fresh peaches--especially when they seem a bit high in price for the food budget. Only a few are needed to make six servings of a delicious dessert.

Here is the tested recipe. Follow it carefully and you'll have no difficulty.

PEACH CHEESE PIE

1 cup cottage cheese	Pinch of salt
2 eggs	2 1/2 cups milk
1/4 cup flour	1/2 teaspoon vanilla
3/4 cup sugar	3 medium peaches

Line 9-inch pie plate with pastry. Add egg yolks to cheese and mix well; then add dry ingredients. Stir in milk slowly until well blended. Add vanilla and mashed peaches; then fold in stiffly beaten egg whites. Bake in 450-degree oven for 10 minutes; reduce heat to 350 degrees and finish baking.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JULY 17, 1948

Your Child--How's His Appetite?

(1:45) Does your young child give you trouble at mealtime? What happens when he refuses food--just doesn't want to eat? Are you concerned?

Dr. Nellie Perkins, director of the child development laboratory, University of Illinois College of Agriculture, says there is no need for alarm. He can go without one whole meal and still be healthy. In fact, inadequate food for several days is no tragedy.

A child with a good appetite is not much trouble at mealtime. And he will have a good appetite if other things in his life are pretty normal. Vigorous play outdoors every day--he needs to run and climb and lift and carry--helps a child's appetite.

Don't expect him to be hungry if he sits around the house all morning. With interesting things to do, he will be happy and ready to eat when the time comes.

A brief rest just ahead of mealtime--dinner or supper--is relaxing and will help his appetite. If he is two or three years old, ten or fifteen minutes on a couch or rug is an excellent idea. If he is older, looking at a picture book or any quiet activity will do the trick.

REMEMBER, HEALTHY, HAPPY CHILDREN EAT!

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FOR BROADCAST SATURDAY, JULY 17, 1948

Garment Bag Storage--For Wool Clothing

(:45) Wool clothing stored in garment bags calls for attention--and regularly--throughout the season. An inspection routine should be set up that will assure protection from moth damage.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says the first precaution is to be sure the bag is tightly closed. If you use a fumigant, hang the bag in a closet or other storage space where the temperature runs about 70 degrees. This will permit the fumes to circulate throughout the bag. Inspect the clothing from time to time, and renew the fumigant as needed.

If you have your cleaner seal the garments in bags after he has cleaned them, be sure he is reliable and that the garments will remain protected. If there is any doubt, inspect the garments carefully, then return them to the bags and seal completely.

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Thaw Fruits in Refrigerator

(1:00) Frozen fruits are a great convenience, but they do call for care in preparation. The method used in thawing them is very important to the color, texture and flavor of the ready-to-serve product.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, reminds us that fruits should be thawed in the refrigerator, and just in time for serving. Once the frozen fruit is thawed, the bacteria begin to multiply, and flavor, texture and nutritive value deteriorate rapidly.

The time required to thaw a pint of fruit varies from about 6 to 16 hours, depending on the pack and the temperature of the refrigerator. Leave the carton sealed until the fruit is to be served. This is especially important with frozen peaches. They darken quickly when thawed and exposed to the air.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, JULY 19, 1948

Farm Safety Week--Good Time for Inspection

(1:00) Farm Safety Week is just ahead--July 25-31. It is a time set aside to live and work safely--indoors and out--on the farm.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that Farm Safety Week is an opportunity to improve the safety and the security of our homes. It is a week when the whole family should get together and talk over ways in which accidents could be eliminated. SAFETY IS A FAMILY JOB!

Accident figures show that a disabling injury will strike some farm resident every 19 seconds around the clock--UNLESS CARE IS TAKEN. Accidents, on the average, kill 51 farm people every day. LET'S REMEMBER THAT ACCIDENTS DON'T JUST HAPPEN--THERE IS ALWAYS A CAUSE.

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Mild Soap--For Woolens

(:15) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says woolens call for neutral soap. Strong caustic soaps harden the wool fiber.

Use plenty of neutral soap in the water before you put the garment in. Keep a heavy suds on the wash water--two or more times the usual amount may be necessary to get wool garments clean. Use a second heavy suds if necessary to remove the soil.

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FOR BROADCAST MONDAY, JULY 19, 1948

Food Budget Short? Here's Help

(:45) Just off the press is a U.S.D.A. publication to help you stretch your food pennies. It is titled "FOOD FOR FAMILIES WITH SCHOOL CHILDREN," and single copies will be sent on request.

The Moore family--an old-fashioned family with four fine children--are the stars. The publication is keyed to their "just-average" budget and to their food needs. Tom is 16 years old, Kay 14, Faith 11, Peter 8--all lively, healthy children.

"Food For Families With School Children" lists the Moore family's food plan for a week, their menus and their food supply. In addition, it gives timely information on food to fit the family, planning the three-a-day, buying and storing food and cooking meats and vegetables.

If you need help in stretching food pennies, send for a copy of the U.S.D.A. publication, "FOOD FOR FAMILIES WITH SCHOOL CHILDREN." Write to the University of Illinois College of Agriculture, Urbana, Illinois.

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Honey for Flavor

(:10) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says honey blends well with the natural flavor of many fresh fruits that ordinarily call for a bit of sweetening. Drizzle the honey over the fruit, and let it stand about 30 minutes before you serve it.

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Homemaking
Radio News

SITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, JULY 20, 1948

More Nurses--The Need Is Urgent

(2:00) More nurses are needed. In some areas the situation is desperate. If hospital expansions and other health facilities are to function efficiently, every community must be assured a continuing supply of graduate nurses.

Miss Fannie Brooks, health education specialist, University of Illinois College of Agriculture, says a nursing education is never wasted. The three years of specialized training will prepare you for many types of interesting work.

You can work in hospitals, in clinics or doctor's offices--or, you can serve with the government or military. Public health and industrial nursing offer still other opportunities. There is always a position available to a registered nurse--and a job at the top for those who have what it takes.

Nursing schools open in August, September or October for the fall term. Now is the time to enroll. To find out how you can enter the nursing profession visit or write the Illinois State Nurses' Association, 3 South Michigan Avenue, Chicago 3--telephone Central 9708.

Ask for the Directory of Approved Nursing Schools in Illinois. Don't delay. Applications should be made at once for fall classes. Remember--a nursing education is never wasted. Investigate its opportunities today.

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FOR BROADCAST TUESDAY, JULY 20, 1948

Meat for Family Meals--Good Cooking Pays

(1:45) Meat prices are soaring and more women are turning to the less tender cuts for family menus. It pays to know the best methods of cooking them.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that good cooking can help make any cut of meat a favorite main dish. The less tender cuts call for long slow cooking--braising and stewing. For extra flavor first brown the meat in a little fat.

Such cuts as beef round, rump, flank and chuck are fine for braising. Use little or no liquid except the juices that cook from the meat. Cook, closely covered, with low heat.

If your choice is a stew, then plate, shank, or brisket is a first rate choice. Add water to partially cover the meat. Cover the kettle closely and simmer until tender.

When the meat is limited, add other foods to give zest and additional food value. Tomatoes, onions, celery, green peppers--all add good flavor and may be used to good advantage in both stews and pot roasts. For extra food value, add potatoes, carrots, whole onions. Dumplings, noodles and macaroni are good additions to meat stews.

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oing Camping? Check Your Campfire

(:15) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, warns to guard campfires closely. Be sure the fire is completely put out before you leave the site and before you retire at night.

DO YOUR BEST TO HELP PREVENT COSTLY FOREST FIRES.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JULY 21, 1948

Crisp Cookies--Good Mates for Tall, Frosty Drinks

(2:00) Summer afternoons and evenings are good times for visiting, and visiting is the style in most friendly communities. Tall, frosty drinks with a plate of crisp cookies 'long side makes the situation perfect for all concerned.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends LEMON ICEBOX COOKIES. They are crisp and fine in flavor, and you can mix them in the cool of the day, store them in your refrigerator and bake as needed.

Or, if you prefer, chill the dough as soon as you have the cookies mixed. Then slice and bake them all at once. They will keep perfectly stored in a tightly covered cookie jar or box.

LEMON ICEBOX COOKIES

2 cups flour	1 cup sugar
1/8 teaspoon salt	1 egg
1 1/2 teaspoon baking powder	1 tablespoon lemon juice
1/2 cup butter	1 1/2 teaspoon grated lemon rind

Sift flour, salt and baking powder together. Add lemon rind to butter and cream well. Add sugar gradually and beat until light. Add egg and beat well. Add lemon juice and flour, beating until batter is quite smooth. Shape into roll and wrap tightly in wax paper or press into cookie mold. Chill until firm, slice thinly and bake on an ungreased baking sheet in a hot oven (400° F) about 10 minutes.

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FOR BROADCAST WEDNESDAY, JULY 21, 1948

Garments--How Do You Hang Them?

(1:45) There is an art to hanging garments in closets and wardrobes so that they will look their best when needed again. Carelessness means wrinkles--especially when the weather is damp and muggy--and wrinkles mean more pressing. Frequently carelessness results in garments that are stretched and out of shape.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says we need to give attention to the hangers we use for garments. Be sure they are large enough so that ends fit properly into the shoulders of dresses, coats and suits.

Wood or plastic hangers will serve better than wire or cardboard ones when the weather is damp. Padding the hangers to fit shoulder and necklines will help keep garments in shape. Skirts, if not hung from sewn-in loops may be pinned to the bar of a padded hanger. Or, even better is a skirt hanger that will hold the skirt firm and straight.

Keep in mind that clothes need air and room while they are hanging. Don't jam them into crowded closets or garment bags. Give them sufficient space for free circulation of air and hang them far enough apart to prevent wrinkling.

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Finicky Appetites--They're Costly

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, cautions that finicky appetites are costly. They are unnecessary luxuries for any family to afford--especially at today's food prices. Family cooperation in overcoming food prejudices can save dollars and cents on the food bill.

CH:lk
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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, JULY 22, 1948

Spread Meat Flavor--Stretch Meat Pennies

(1:00) Stretching meat pennies is the fashion these days. Good rich, smooth gravy is one way to turn the trick.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to flour the pot roast or stew meat; then brown it before you add the liquid. It requires only a minute or two, and it gives a wonderful browned flavor and color to the gravy.

When you make gravy for an oven roast, or for pan-fried meat, add the flour to the drippings in the pan. Brown the flour slowly but thoroughly in the fat before you add the milk or water. For smooth-as-cream gravy, add cold liquid--not hot--first. Once the mixture has thickened, hot liquid can be used. Adding it to the hot flour-fat mixture tends to make the gravy lump.

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That Loose Board Is Dangerous--Let's Fix It

(:15) Remember that rotten board in the porch floor or the loose step that nearly threw you yesterday? NOW IS THE TIME TO FIX IT. The National Safety Council reminds us that a little repair job today may prevent big trouble tomorrow.

REMEMBER--ACCIDENTS DON'T JUST HAPPEN--THERE IS ALWAYS A CAUSE.

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FOR BROADCAST THURSDAY, JULY 22, 1948

Learning to Feed Himself--You Can Help

(2:00) Feeding yourself seems a simple routine to you no doubt--you've been doing it for years. Not so with your young child. Learning to feed himself is a serious business and a difficult one.

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says learning to feed himself is hard because WE WON'T LET HIM USE HIS FINGERS. It's the spoonsand forks, glasses and plates that give him trouble.

He needs your help--but in the right way. As soon as he is interested, give him freedom to help feed himself. He'll make a mess of course, but forget about it. Make sure he has the right kind of equipment to work with--a spoon to fit his hand and a cup he can handle.

Be patient. Remember that even learning to hold a spoon and get food into his mouth is difficult. He usually turns the spoon over and loses the food before it reaches his mouth. If you let him experiment, he will gradually learn.

Remember, too, that it is difficult for him to sit still for very long at one time. He may get tired and sleepy before the meal is over. If so, help him--feed him toward the end of the meal in order not to make the eating period too long.

It is usually better for the tiny tots--two- and three-year-olds--NOT to eat with the family. A quiet meal time without disturbance from the business of eating is best for all concerned. The child is easily distracted--forgets what he is doing--and gets very tired if he must eat with the family. He will like it--there's no question on that point--but he won't eat much food.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, JULY 23, 1948

Fiber Rugs--How to Clean Them

(1:30) Fiber rugs are standard summertime equipment in many homes. They'll give better service if they are kept clean. A good scrubbing occasionally will help turn the trick.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says fiber rugs are not hard to scrub, but it takes time to do the job. Make a good thick suds of neutral soap and water. Apply the suds--not the water to the rug.

Use a sponge or a soft cloth--a piece of an old bath towel--and dampen it before you dip it into the suds. Work with a small area of the rug at one time. After you have applied the suds, rinse the sponge or cloth in clear water and wring out the excess moisture. Then go over the area again, rinsing the sponge or cloth in clear water from time to time to keep it free of the suds. When you have cleaned the rug completely on one side, reverse it and clean the other side.

One precaution--don't attempt to clean the rug on the floor unless the floor is cement or tile. Take the rug to the porch or down for the scrubbing job. Even though suds--not water--is applied, there will be sufficient moisture to damage a wood floor.

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FOR BROADCAST FRIDAY, JULY 23, 1948

Tall Drink Magic--Easy to Do

(2:00) Tall, frosty drinks are high style these days--for both daytime and evening. You can turn out fine-tasting ones on short notice--almost like magic--with a few supplies and a bit of imagination. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests several that are quick to prepare and mighty refreshing.

Grape float is easy to prepare, and the entire family can enjoy it. Fill tall glasses about one-third full of grape juice. Add a dipper of ice cream--vanilla is a good flavor choice--and blend with the juice. Fill the glasses with carbonated beverage and serve at once. For an attractive garnish, add a sprig of fresh mint to each glass.

When you cater to young appetites, try Orange Crush--homeade style. Fill medium-sized glasses about half full of fresh orange juice, and top with a dipper or orange ice. Or, if you prefer, prepare orangeade and serve it in tall glasses. Top each serving with a portion of orange ice, and garnish with a sprig of crisp mint or a mint cherry.

Some homemakers follow the practice of keeping a jar of mixed fruit juices in their refrigerators during the summer months. They add the extra juice from fresh fruits and canned fruits and use it as a base for tall, frosty beverages and as the starter for regular meals.

Another flavor trick--and a delightful one is to freeze fruit juice, or a mixture of fruit juices in the ice tray. Use ice cubes to step up the flavor of beverages as well as to chill them.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JULY 24, 1948

War on Flies--Let's Keep up the Fight

(1:00) Fly control is not a one-time job. It calls for constant attention from early spring until late fall. Right now weather conditions are ideal for fly breeding.

H. B. Petty,entomologist, University of Illinois College of Agriculture and the State Natural History Survey, says moisture plus summer heat makes the situation perfect--for the flies. The rain washes off the DDT,and the heat tends to break it down.

Plan to touch up or re-treat all of the areas around your premises that are exposed to the weather. This is important in making and keeping the treatment effective at all times. Keep in mind, too, the fact that fly-breeding materials should not be allowed to accumulate. If it is impossible to remove them promptly--on schedule--treat them thoroughly and at frequent intervals with 5 percent solution of DDT.

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lothes--Sort as They Come From the Wringer

(:30) Miss Gladys Ward, home management specialist, iversity of Illinois College of Agriculture, says good planning n wash day can save us plenty of time and energy. For example, will take less time to hang up the clothes if we sort them as ey come from the wringer.

It is a simple procedure to put all articles of one kind n one section of the basket. All the sheets--for example--can be t in one end and all of the towels in the other end. This will iminate sorting at the line--as you hang the clothes.

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FOR BROADCAST SATURDAY, JULY 24, 1948

High Chair Days--How Long Should They Last?

(2:00) How long should your child use his high chair? At what age should it be discarded? Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says high chair days should be over by the time he can walk well.

When he can travel well under his own power--on his own two legs--he needs a low table and a chair he can manage by himself. Give him dishes that are inexpensive and durable--accidents will happen. Give him tools that are right for his hands.

Be sure to include a small pitcher with a wide lip that pours without spilling and a handle that he can grasp easily. Three-year-olds like to pour their milk, and they'll learn to do it nicely--and very quickly, if you give them a bit of freedom. Provide a small glass--two helpings are much easier to drink than one large one. A glass with a wide mouth that does not flare at the top is a good choice. Be sure it is substantial in weight or of nonbreakable ware.

At this age your child should have silver with short, flat handles--silver that is keyed to his hands. A set of child's silver is a good investment. The spoon can be used at about 5 months, the fork at 24 months, and the knife for spreading beginning at 4 or 5 years. He can continue to use the set until he is ready to use the regular family ware at 6 or 7 years.

With equipment suited to his size and needs, your child can be quite independent at meal time--a delight to himself and to you. He won't have to disturb or interrupt for help and will keep right at the business of eating. He can manage it, and it is a challenge--he is independent.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, JULY 26, 1948

A Quick Dessert--And a Tasty One

(1:30) Want a dessert that you can whip up in a hurry and one that won't be too hard on the pocketbook? Try Grilled Fresh Peaches on Toast.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says its a tasty dessert served plain--right from the oven. When you want to dress it up a bit, top each serving with a spoonful of good thick cream or a portion of vanilla ice cream.

To prepare the dessert, butter slices of bread--one for each serving. Cover the bread with a layer of sliced fresh peaches. Select fruit that is ripe--ready for eating out of hand--and fine in flavor. Sprinkle with brown or white sugar,as you prefer, and grill or bake until the edges of the toast are crisp and brown and the sugar melted. Serve right from the oven--plain or topped with cream or ice cream.

A delightful variation is to use slices of plain cake instead of the bread. Cut the cake in slices about one inch thick, spread lightly with butter and top with sliced peaches. Sprinkle lightly with sugar and grill. This is a prime way to turn cake that is a bit dry or stale to good account.

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FOR BROADCAST MONDAY, JULY 26, 1948

Illinois Rural Chorus--To Sing at State Fair

(:45) The Illinois Rural Chorus of more than 1,000 voices is scheduled to sing at the State Fair, Springfield, Saturday evening, August 14. The time--6:45 o'clock. The place--the grandstand. Director Robert G. Haley, University of Illinois College of Agriculture, will conduct.

The entire chorus will present five numbers. In addition, county groups selected from the various districts throughout the state will sing three numbers.

Following their State Fair engagement, the chorus will sing at the University of Illinois as a climax to the annual Sports Festival. Their final engagement for the summer is August 28 in Toronto, Canada, at the National Exhibition.

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How Much Time Each Day for Dishwashing?

(:30) Miss Margaret Goodyear, home management specialist, University of Illinois College of Agriculture, says if you think you are spending more time washing dishes than you should, then take time out and study your job.

Decide, first of all, what parts of the job are essential. Then determine the order in which those jobs should be done. Check working space carefully, and select the most suitable equipment your pocketbook will allow.

Set a standard for the finished job, and then work with both hands--dividing the work between them. By reducing the number of motions or processes you use in doing the job, you can reduce both time and energy needed to do it.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, JULY 27, 1948

Farm and Home Calendar

(:30)

Carroll County Music Festival--Friday, July 30, 8 p.m. CST, Mt. Carroll Lutheran Church, Mt. Carroll, Ill. Mrs. G. H. Beacom will direct the chorus of 60 voices. Special numbers will be included in the program.

Moultrie County Chorus Concert--Friday, July 30, 8 p.m. Sullivan Christian Church, Sullivan, Ill.

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Iow to Make Jellies, Jams, Preserves

(1:00) How do you score as a jelly-maker? Few things are)etter to lift a meal out of the doldrums than a good homemade ;weet--jelly, jam or preserve. If you need help in preparing them, 'ou'll find it between the covers of USDA Bulletin No. 1800.

"Homemade Jellies, Jams,and Preserves" gives information n selecting the fruits for the varioussweets and on preparing and toring them. It lists recipes for jellies, preserves, marmalades, ams, conserves and fruit butters. Finally it gives a score card o use in checking your product--in judging its quality.

For a copy of HOMEMADE JELLIES, JAMS, AND PRESERVES, write he University of Illinois College of Agriculture, Urbana, Illinois. ingle copies will be mailed free on request.

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FOR BROADCAST TUESDAY, JULY 27, 1948

Sit Down to Work--When You Can

(:15) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says sit instead of stand to work when it is possible. You can work just as rapidly--once you've established the habit--and you'll save considerable energy.

Such jobs as preparing vegetables can be done very easily when you are seated. A low table or lap board pulled out from the kitchen cabinet provides a good working surface. The work surface should be directly over and just above the lap.

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Meat for Small Budgets

(1:30) Have you tried TOMATO-MEAT SAUCE served on crisp toast? It is an excellent way to stretch a small amount of meat and to extend its flavor. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends this recipe:

TOMATO-MEAT SAUCE

2 cups canned tomatoes or
2 1/2 cups raw tomatoes
cut in pieces
1/2 pound ground beef
2 tablespoons chopped onion
2 tablespoons chopped
green pepper
Fat
1 tablespoon flour
Salt and pepper

Cook the tomatoes--if you use fresh ones--until thoroughly oftened. Press through a sieve if you prefer. Brown the beef, nion and green pepper in the fat. Blend in flour, and add the omatoes slowly. Season to taste with salt and pepper. Cook over ery low heat--stirring constantly--until thickened. Serve piping ot on crisp toast.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, JULY 28, 1948

Does Your Child Dawdle at Meal Time?

(1:00) Does your child take more time to eat his food than you think he should? Do you have difficulty in getting him to finish his meal? What to do about it?

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says to have patience and give him time to do things. Dawdling seems to be at its height with many children around three or four years.

We should expect a child to be slow at this age. Very often he is inattentive to the task at hand. Continual attempts to hurry him may make him tense and resistant.

Smaller portions of food and a time limit for eating will help him. Be sure that his bowel movements are regular. See that he has vigorous outdoor play every morning--and with other children. Be sure he has regular quiet sleep at night. AND DON'T GIVE HIM ATTENTION. Remember, healthy, happy children eat.

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e Need More Salt in Hot Weather

(:15) Miss Fannie Brooks, health education specialist, niversity of Illinois College of Agriculture, says we need more alt during hot weather than when it is cool. If the idea of salt ablets doesn't appeal to you, try this trick! Take a bit of salt ith each glass of water during the mid-day heat. You'll feel etter and you'll take the heat in stride.

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FOR BROADCAST WEDNESDAY, JULY 28, 1948

Corn for Freezing--Selection Is Important

(2:00) Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, cautions that maturity is especially important in corn to be frozen. Pick it at the stage when it is best for eating--the milk stage.

Work with small amounts of the product at one time, and complete the preparation for freezing as rapidly as possible. The less the delay between field and freezer, the better the quality of the frozen product.

Remove the husks and silk--use a dry vegetable brush to remove the silk. Wash the ears in cold water, and blanch the corn--on the cob. For blanching, use the proportion of 4 quarts of water to 8 ears of corn--average size. Blanch for 8 minutes exactly, counting the time from the moment you lower the corn into the water. Cool thoroughly in iced or running cold water.

Cut the corn off the cob with a sharp knife. Don't cut too deep--particles of the cob will spoil the flavor of the corn. Pack into moisture-proof, vapor-proof cartons or containers--leaving 1/2 inch of space at the top--and freeze promptly. Remember, the shorter the time between harvesting and freezing, the better the product.

If you want information on preparing products for freezer storage, send for the University of Illinois Circular, "HOW TO PREPARE FRUITS AND VEGETABLES FOR FREEZING." Write to the University of Illinois College of Agriculture, Urbana, Ill. Single copies will be sent on request.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, JULY 29, 1948

Fresh Peaches--to Pep up Family Meals

(1:45) No doubt you have your favorite ways of serving fresh peaches when they come on the market first and are a bit high in price. Sliced peaches with sugar and cream, peach pie, peach cobbler--these are all favorites in almost every home.

However, Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, says FRESH PEACH ICE CREAM rivals even Peach Pie in popularity. It is popular with home cooks, too, because it is so quick and easy to prepare.

Use your favorite recipe for vanilla ice cream and freeze it to a mush--until the liquid begins to set. Then fold in a portion of sweetened crushed peaches, and continue freezing until firm--right for serving.

Peach Mousse is another delicious, easy-to-make dessert. old crushed peaches into cream which has been whipped until stiff. efore you fold in the peaches, sweeten the cream to taste and add few drops of almond flavoring. Turn the mixture into the tray of our refrigerator, and freeze until firm. Serve plain or garnish ith thinly sliced fresh peaches.

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FOR BROADCAST THURSDAY, JULY 29, 1948

Serve Vegetables--Raw and Cooked

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says serving vegetables fresh and raw is good economy. A plate of raw vegetables--cut in strips or thin slices--makes a fine relish tray. It saves both time and fuel.

Next best to no cooking, is quick cooking of vegetables. This leaves their colors bright and their flavors fresh. Important, too, is the fact that short cooking saves more of the valuable vitamins than does longer cooking.

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Sauerkraut--How to Make

(1:00) Early cabbage is ready in home gardens. Reports indicate that the crop is unusually good in many areas of the state. Why not make some of it into kraut--if kraut is a favorite with your family?

Of course sauerkraut is usually made in the fall during cool weather. The reason is that, if the kraut ferments at too high a temperature, you'll get a poor product. However, many families do follow the practice of making small amounts--which can be handled easily--during the summer months. They serve it as soon as it is ready.

If you want directions for making sauerkraut, send for a copy of the University of Illinous circular, "PRESERVING VEGETABLES BY SALTING." Write to the University of Illinois College of Agriculture, Urbana, Illinois. This publication lists methods for salting nine vegetables in addition to cabbage. Single copies will be sent on request.

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FOR BROADCAST FRIDAY, JULY 30, 1948

Your Child--Should He Eat With the Family

(2:00) Should my young child eat with the family? How old should he be when he comes to the family table? These are questions parents the country over ponder, so let's consult an expert.

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says 4 years is about the right age. By that time the child can learn to eat nicely, and from then on he will be more sociable at meal time.

However, it is generally best to make the change gradually from eating alone to eating at the family table. Let him join the family only for dessert at first. Most children like dessert, and desserts are usually easier to manage--there are not so many tools as in the main course. Then, too, dessert doesn't take so long to finish. Everybody finishes at about the same time, and all leave the table together. The child can take part without becoming too tired, and it gets him used to a group, used to conversation and used to the service at the table.

Be sure to let him do some talking, BUT DON'T LET HIM BECOME THE CENTER OF ATTENTION. Only one parent should be responsible for him and see that all goes well. There should be no nagging and no concern over him. Let him proceed at his own rate and in his own way until he can master the situation.

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FOR BROADCAST FRIDAY, JULY 30, 1948

Cantaloupe--How to Freeze

(1:15) Have you ever frozen cantaloupe? If you have a bit of extra space in your home freezer or locker, why not try some this season? It makes a fine addition to salads and fruit cups later in the season and is not difficult to prepare.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says to be sure to select firm, fully ripe cantaloupe. Remove the seeds and the rind and then cut it into small wedges.

Pack the wedges at once into containers that are moisture-proof and vapor-proof, and cover with 40 percent syrup. Seal the cartons and freeze promptly. Remember, the shorter the time between harvesting and freezing of fruits and vegetables, the better the products.

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Careful Now! For Your Personal Safety

(:45) Home canning can be a safe job or a dangerous one. It depends on you--your work habits and how you use equipment. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, lists three points to observe in opening your pressure canner:

1. NEVER RELEASE STEAM SUDDENLY.
2. NEVER REMOVE THE LID UNTIL YOU HAVE RELEASED THE STEAM.
3. WHEN REMOVING THE COVER, LIFT THE BACK OF THE RIM FIRST--LET THE HEAT AND STEAM ESCAPE AWAY FROM YOUR FACE AND ARMS.

Remember, accidents don't just happen--there is always a cause. Let's make it the rule to work carefully and safely.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, JULY 31, 1948

Farm and Home Calendar

(2:00) KNOX COUNTY--4-H Club Garden Exhibit, today, July 31, at 2 p.m. DST, Farm Bureau Auditorium, Galesburg.

County 4-H Demonstration Contest, August 3, 8 p.m. DST, Farm Bureau Auditorium, Galesburg.

CLAY COUNTY--4-H Achievement Day, August 3, 8:30 a.m., Library Club Room, Flora, Illinois.

BOND COUNTY--Dress Review and Foods Exhibit, August 3, 1:30 p.m. IOOF Hall, Greenville, Illinois.

BUREAU COUNTY--Farm and Home Bureau Picnic and Festival, August 4, 9 a.m. to 4 p.m. (Standard Time), Princeton Fair Grounds.

MARSHALL-PUTNAM COUNTY--4-H Show, August 4-5, beginning 9 a.m. DST, Marshall-Putnam Fair Grounds, Henry, Illinois.

MACOUPIN COUNTY--4-H Progress Day, August 5-6. August 5, 1 p.m. to p.m.; August 6, 8 a.m. to 4:30 p.m. (Standard Time).

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Highway Walking--Do It Safely

(:30) There is a safe way to do almost every activity--every kind of work. Sometimes safety measures seem so simple that e forget to observe them. Take walking along the road or highway, or example.

The National Safety Council reminds us again that the orrect, SAFE way to walk along a country road or highway is to ALK ON THE LEFT-HAND SIDE--FACING ON-COMING TRAFFIC. Make it a ule to observe this safety measure, and teach your children to bserve it.

LET'S REMEMBER--ACCIDENTS DON'T JUST HAPPEN. THERE IS WAYS A CAUSE. LET'S SEARCH OUT THE CAUSES AND REMOVE THEM.

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FOR BROADCAST SATURDAY, JULY 31, 1948

Perspiration Damages Clothes--What to Do About It

(1:00) Every woman knows that perspiration is hard on clothes. It not only makes them unsightly, but can weaken the fiber itself to the point where the garment is unwearable. What to do about it is the problem.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says the first step is to analyze our own problem--each of us perspires differently. The greatest aids are personal cleanliness, dress shields and antiperspirants.

One of the important things to remember about antiperspirants is how to use them. BE SURE TO READ THE LABEL AND FOLLOW THE DIRECTIONS TO THE LETTER. Some of the agents contain chemicals which are harmful to both fabric and color.

As a safety measure, do not permit them to come in direct contact with your dress or blouse. Apply them sparingly at least 5 minutes before dressing, and remove any excess with a tissue or damp cloth. NEVER USE THEM AFTER DRESSING.

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ender Young Carrots--Let's Make Good Use of Them

(:45) Miss Grace Armstrong, nutritionist, University of llinois College of Agriculture, reminds us that tender young carots are maturing in home gardens these days and that they deserve place in our menu plans. Most children--and grown-ups, too--enoy carrot strips. Be sure they are fresh and crisp and not cut too arge.

Use carrots in salads. Shred them and team them with fresh, ew cabbage. Or, if you prefer, mix them with chopped apples and a ew raisins and moisten with salad dressing.

Shredded carrots, raisins and celery make another favorite alad combination. For extra flavor, mix a bit of peanut butter with he dressing, or top the salad with chopped peanuts.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, AUGUST 2, 1948

Tomato Juice--Can for Vitamin C

(1:15) Juice from red-ripe tomatoes canned or bottled now will save you money next winter. In addition, it will help keep family meals nutritious and fine tasting.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says tomato juice is simple to can and the job takes a very little time. Don't neglect it--especially if you have a good tomato crop in your home garden.

Select good-quality tomatoes--ones that are firm and ripe--just right for eating out of hand or for serving sliced or in salads. Wash them, remove the cores--this is important to the flavor of the processed juice--and cut the tomatoes into small pieces. Season, if desired, and simmer until they are soft.

Rub them through a sieve or strainer; then heat the juice to the boiling point. Put the juice into jars or tin cans, and process in the boiling-water bath. Process pint or quart jars or No. 2 or 2 1/2 cans for 15 minutes. Start counting the processing time when the water again boils vigorously.

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Potatoes--Buy According to Use

(:15) Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, says it pays to buy potatoes according to the way we plan to prepare them. There are two types of potatoes--the mealy, flaky varieties and the firm, waxy kinds that hold their shape.

For good mashed or baked potatoes, use the mealy types. When you prepare potatoes for salads and creamed dishes, use the waxy varieties.

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FOR BROADCAST MONDAY, AUGUST 2, 1948

Meat, Poultry, Fish--Store Carefully

(1:00) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says meat, fish and poultry all call for prompt storage, especially during the summer months. High temperatures increase the danger of spoilage.

Meat that is cut into small pieces or meat that is ground tends to spoil more quickly than a large piece. Make it a rule to store stew meat, ground meat and cut-up poultry in a cold spot in the refrigerator. Plan to use it just as soon as possible after purchasing.

Fish and sea foods should also be cooked soon after buying. If you have to hold them for a short time, wrap in waxed paper and keep very cold until cooking time.

Be sure to cool left-over cooked meat, poultry and fish very quickly. Store it covered in the refrigerator, but plan to use it within a day or two. Even the cooked products tend to spoil quickly.

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Water for Laundry--Temperature Important

(1:00) Efficient washing depends on a number of things. Using water at the correct temperature for the clothes you are washing is very important.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says for white clothes the water should be 140° to 150° F. Using water this hot makes it unnecessary to boil or bleach white clothes--unless they are badly yellowed or grayed.

Use warm water for colored clothes--about 100° to 120° F. If you wash the colored clothes in the same suds as the white clothes--immediately after the white clothes are taken out--the water will be about the right temperature.

If you do not have a thermometer, estimate the temperature by touch. Use the back of your hand or your elbow. Water that is too hot to keep your hands in is above 120° F. Lukewarm water is about 90° F.

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RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, AUGUST 3, 1948

Baked Peaches--Delicious and Quick to Prepare

(1:15) Baked peaches are delicious. Have you tried them? Serve them with the meat course, spicy and fragrant, or use them to add the perfect finish to lunch or dinner.

Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, says selecting the fruit for baking is important. Use peaches that are fully ripe and fine in flavor, and yet firm. Peel them and then cut them in halves and remove the stones.

Place the fruit in a shallow baking pan--cut side up. Season to taste, depending on how you plan to serve it. For most appetites 1 teaspoon of sugar, a bit of butter, a few drops of fresh lemon juice and a dash of nutmeg in each cavity will make them about right in flavor. Bake in a moderate oven--350° F--until lightly browned (about 20 minutes).

When you serve peaches for dessert, try dressing them up a bit. After they are baked, chill them for a short time and top with vanilla ice cream. Or serve them plain--right from the oven--topped with good, thick cream.

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ork Surfaces--Suit Them to Your Height

(:15) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us to check ork surfaces carefully--if we want to save energy and avoid fatigue. All work surfaces should be arranged to suit the height of he worker--a little below elbow level.

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FOR BROADCAST TUESDAY, AUGUST 3, 1948

Your Child--Learning to Sleep Is Important

(2:00) Is your child cross and irritable? Is he difficult to control? Perhaps it is because he does not sleep properly.

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says that tired children are cross, stubborn and unhappy. They are often nervous and tense. Usually their appetites are poor, and they do not learn readily. They forget easily. Tired children are also harder to control.

Proper sleep habits are important to little children, and they have to be learned. Your child depends on you--his parents or other adults--to make this learning possible and of the right type. He can learn to sleep at regular times. His body develops a rhythm and gets ready to sleep at certain times of the day and in certain sequences, as after a bath or a meal or a story. He can do this only if he has help--if you carry out a regular regime for him until he is able to take over little by little for himself.

Learning to sleep--developing good sleep habits--should begin in infancy. All responsibility must be assumed by adults. Consistency is basic in building up readiness for relaxation and sleep.

Regularity is also essential. It makes anticipation possible. It generates satisfaction and security so that the child may know what to expect. It makes him feel safer. He'll want to participate.

With the right kind of help, your child will gradually take over some of the "letting-down" process himself. Encourage him to relax completely. Encourage him to sleep at regular intervals. Encourage him to be indifferent to daily household noises.

LEARNING TO SLEEP--DEVELOPING GOOD SLEEP HABITS--IS IMPORTANT TO YOUR CHILD. HE CAN DO THIS ONLY IF YOU HIS PARENTS, OR OTHER ADULTS RESPONSIBLE FOR HIM, LEND A HAND.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, AUGUST 4, 1948

Jelly Stage--How to Test

(1:00) What's your score as a jelly-maker? If you are not quite satisfied--if the jelly you've made is too firm or not quite firm enough--why not check your method carefully?

One of the important steps in making jelly in home kitchens is checking or testing for the jelly stage. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says it is not difficult to decide when the jelly stage has been reached. It does, however, take an understanding of what is meant by the jelly stage and a bit of patience to develop skill.

To test whether or not the jelly stage has been reached, dip a large spoon into the boiling syrup. Lift the spoon so that the syrup runs off the side. When the syrup no longer runs off the spoon in a steady stream, but separates into two distinct lines of drops which "sheet" together, stop the cooking. The jelly stage has been reached.

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Sit Comfortably--to Iron

(:30) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says we can save energy and ward off fatigue if we sit down to do at least a part of the ironing. However, we should arrange the equipment so that we can sit comfortably.

Many homemakers find it a good arrangement to use a high kitchen stool at the ironing board. Be sure to bring the ironing board over your lap so that the iron will have a free sweep and you will need to use the minimum amount of pressure and energy.

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FOR BROADCAST WEDNESDAY, AUGUST 4, 1948

Fly Control--It Is Our Job

(:45) Have you re-treated your porch floors and screens with DDT? If not, you are inviting trouble--fly trouble.

H. B. Petty, entomologist, University of Illinois College of Agriculture and State Natural History Survey, reminds us that summer weather--rain and heat--takes its toll. The rain washes off the DDT, and the summer heat tends to break it down. Retouching--treating again--is the order for good control.

It is our job, too, to check work habits--food preparation, fruit canning, jelly-making and so on. Leaving jobs unfinished and leaving garbage exposed are habits that attract flies. Store food carefully, dispose of garbage promptly--and boost the fly control program.

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Courteous Driving--What Does It Mean?

(:30) What is courteous driving? Can you define it? National Safety Council says it does not mean merely smiling at other drivers. Nor does it mean shouting "Thank You" when another driver gives you the right of way.

No--real driving courtesy means letting the other driver have his rights. It means even giving up your right of way when a reckless driver acts hoggish. This kind of courtesy isn't just to make you popular. It will help to keep you alive--and others too.

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Homemaking
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FOR BROADCAST THURSDAY, AUGUST 5, 1948

Raisin Honey Gems--for the Cooky Jar

(2:00) Looking for a cooky that has good keeping qualities--that improves with storage? Then try Raisin Honey Gems. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says they are both fine-tasting and easy to make.

They are drop cookies--no rolling and shaping of dough is necessary. Most of the ingredients needed are ones usually found on home cupboard shelves. The recipe is a generous one--makes approximately 6 dozen 2-inch cookies. Why not try them? Here's the recipe:

RAISIN HONEY GEMS

1 1/2 c honey	1/4 t soda
3/4 c shortening	1 t cinnamon
1 egg well beaten	2 Tb hot water
2 1/2 c all-purpose flour	1 1/2 c uncooked rolled oats
1/4 t salt	3/4 c raisins

Cream fat and honey until light and fluffy. Add beaten egg. Blend well. Sift flour once, measure, add soda, cinnamon, and salt and sift three times. Add sifted dry ingredients alternately with the hot water. Add raisins and oatmeal. Mix thoroughly. Drop by teaspoonfuls onto greased cooky sheet. Bake at 375° F. for 12 minutes.

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FOR BROADCAST THURSDAY, AUGUST 5, 1948

Nursing Education--for Young Men

(:45) Fourteen nursing schools in Illinois now consider qualified men students. Men are taking advantage of the opportunity too. More and more they are studying nursing because it offers them career opportunities in many fields.

Nursing education can be a stepping stone to executive posts in public health. It can help young men to get positions in hospital administration and in public welfare.

For a list of nursing schools in Illinois that admit men students, contact the Illinois State Nurses' Association, 8 South Michigan Avenue, Chicago, Illinois.

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Cool Canner Slowly--It Is Safer

(:45) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, cautions against trying to hasten the cooling of your pressure canner. Do not put it into cold water. Do not wrap cold, damp cloths around it.

A sudden drop in pressure inside the canner invites damage to the canner and to the jars. It will pull liquid from the jars and may buckle tin cans. Sudden drop in pressure may cause cracking of the enamel or buckling of the metal in the canner.

DON'T REMOVE THE COVER UNTIL STEAM STOPS ISSUING FROM THE CANNER. IT MAY DAMAGE THE JARS AND CAUSE SERIOUS INJURY TO YOURSELF.

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Homemaking
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FOR BROADCAST FRIDAY, AUGUST 6, 1948

Stain Removal Important--Here's Help

(2:00) It is smart and thrifty to take good care of our clothing and household fabrics these days. Stain removal is one of the problems we face in turning the trick. Many stains call for special treatment; others are very stubborn.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says the first rule for removing a stain is to start while it is fresh--even before it dries, if possible. Hot soap suds or the heat of the iron sets some stains too--makes them difficult to remove.

Before you start to treat a stain, be sure you know what the cloth is--cotton, wool, silk, rayon or a mixture. THE REMOVER MUST BE SUITED TO THE CLOTH. Find out what the stain is, if possible, before you try to remove it. Be sure to test the remover on a sample of the cloth or on a hidden part of the garment to be sure it will not change the color.

If you want help in removing stains, send for a copy of Farmers' Bulletin No. 1474--Stain Removal From Fabrics--Home Methods. It gives detailed information about fabrics, various stains and stain removers. It tells you exactly how to proceed in removing stains. Write the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

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FOR BROADCAST FRIDAY, AUGUST 6, 1948

Dishwashing--How Much Work Space Do You Need?

(1:00) How much space do you have for washing dishes? If it is not adequate, more than likely it takes you longer to do the job than it would if you had better working conditions. Perhaps you can make some changes.

Home management specialists, University of Illinois College of Agriculture, say that adequate space in which to do a job does make it easier to do and usually shortens the time required to do it.

The height of the working surfaces is important too. Arrangement of equipment calls for special attention if time and energy are to be reduced. Methods of work and work habits call for study by the person doing the job.

The University of Illinois publication, "Reducing Time and Motions in Dishwashing," is available on request. Write to the University of Illinois College of Agriculture, Urbana, Illinois, for your copy.

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oison for Pests--Store It Safely

(:45) All of us, of course, hate even to think of rats, oaches or ants inside our homes--and certainly we do our best to eep them out. But in fighting these pests, let's remember to use recaution in spreading the poison and in storing it.

The National Safety Council reminds us that rat, roach nd ant poisons usually contain substances that are harmful--perhaps fatally harmful--to human beings. So don't store these poisons near food, food containers or cooking utensils or within reach of children.

And don't spread the poison around in any location where small child might get it. Make it a rule to use the poison safe- and to store it safely. Don't run the risk that your war on ests may take the life of a child.

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FOR BROADCAST SATURDAY, AUGUST 7, 1948

Farm and Home Calendar

(1:45)

Iroquois County Sports Festival is scheduled for Monday, August 9, Watseka, Illinois.

Ford County Farm and Home Bureau Picnic and Sports Festival, Tuesday, August 10, 10 o'clock, Piper City High School Grounds. Program will include sports contests, baseball games and home talent entertainment. A basket lunch will be served.

Randolph County Soil Conservation Field Day, Tuesday, August 10, at 10 o'clock (CST). Meeting will be held at the Ed. Othe farm--between Shiloh Hill and Wine Hill on Brenen-Campbell Hill Road. Program will include contour-plowing contest, pond construction, pasture improvement, soil improvement, strip cropping, terrace construction, woodland management, soil improvement, spraying demonstration, and farm machinery display.

Lawrence County Conservation Field Day, Tuesday, August 10, from 10 a.m. to 3 p.m. Meeting will be held on the Emmet Bunyan Farm--2 1/2 miles northwest of Lawrenceville.

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Save Fat--and Save Pennies

(:15) "Save fat" was the cry to homemakers all during the war. And fat is needed now. Our government tells us that world shortage of fats and oils is still critical--every drop we can salvage is needed. Let's not waste it. Let's salvage it and sell it for cash.

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FOR BROADCAST SATURDAY, AUGUST 7, 1948

Your Washing Machine--Make It Last

(2:00) Good care is the rule--if you want to get the best service from your washing machine. The first step in good care is to guard against unnecessary wear and tear.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to be sure you know your machine. Whether your washer is an old one or a new one, and whatever the type, read the directions that came with it.

Even if you've used the machine a number of times, reread the directions, and check your methods of work. If you have lost the directions, write the manufacturer for another copy. Remember that they are the result of very carefully controlled tests. For efficient performance, they should be followed to the letter.

It is important to oil your machine properly. In oiling, follow the manufacturer's directions carefully. Some machines are lubricated permanently at the factory. Others call for regular attention. The directions tell when, where and how much to oil and what kind of oil to use. Too much oil, or the wrong kind, is just as harmful as too little.

Take care not to spill oil on any of the rubber parts. OIL RUINS RUBBER. If you do get oil on the rubber, remove it at once. Use soap and water, then rinse in clear water and dry with a soft cloth. If the machine gets tipped and oil spills out around the gears, call the service man. Have him check the machine and replace spilled oil if needed.

Protect your machine against bangs and bumps and jerks that may injure the motor, or dent the metal, or chip the finish of the tub. AT THE FIRST SIGN THAT ANYTHING IS OUT OF ORDER, HAVE YOUR SERVICEMAN CHECK AND MAKE NEEDED REPAIRS. DON'T TRY TO USE THE MACHINE WHEN IT IS NOT OPERATING CORRECTLY.

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Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, AUGUST 9, 1948

Fresh Peaches--Select Them Carefully

(:30) Professor Lee Somers, University of Illinois College of Agriculture, says color is a first-rate guide in selecting eaches. Those that have a yellow ground color are the ones to uy.

Peaches that have reached this stage before picking will ontinue to ripen. They will develop the natural, delicious flaors and soft textures that make them our favorite fruit.

On the other hand, peaches that have a green or faded rayish-green ground color have been picked too soon. They will e tough and rubbery in texture and insipid in flavor.

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Gallatin County to Organize

(:45) Gallatin county women are to have their own home ureau. August 13 has been designated as organization day, and e meeting will be held in the High School, Ridgway, Illinois.

Mrs. Helen Drew Turner, home adviser at large, University c Illinois College of Agriculture, reports that the first membersip cards were signed January 30. To date 405 women have expressed eir interest in organizing a county group. Mrs. Donald Cook is rving as temporary chairman, and Mrs. Amanda Heath as temporary ecretary.

Gallatin county will bring the number of home bureau unties in the state to 99. The remaining three counties--Hamilin, Johnson and Calhoun--have members who are affiliated with ighboring counties.

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FOR BROADCAST MONDAY, AUGUST 9, 1948

School Lunch Program--It's Time to Plan

(:45) Allocation of funds to operate the 1948-49 National School Lunch Program has been announced by the United States Department of Agriculture. Illinois' share is $2,074,435 for the year.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says it is time to get plans under way if you want your school to participate. If you need information, inquire of your school superintendent, or write to your county superintendent of schools.

Last year approximately 2,500 schools in Illinois operated their school lunch project under the federal-state plan. The law requires that federal funds must be matched by funds from sources within the states. Illinois has matched the federal funds.

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Your Child--Make "Going-to-Bed-Time" a Happy Time

(1:00) Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says, if you want your child to sleep well, to make going to bed a happy occasion for him. Make him feel that it is a special time for you too--that you are enjoying the time alone with him.

Don't make him feel that you are glad to get rid of him--that it is a relief to have him bedded down for the night. Don't make him feel that with him out of the way you are free to do more interesting things.

He can't help resisting this feeling, and it will interfere with his going to sleep. It will also make for many immediate wants--an extra drink, another handkerchief, several trips to the toilet. Leave him feeling satisfied with him time with you. Make it a special time--just for him. Be sure that he knows you are near, and going on about the usual affairs of the household.

PROPER SLEEP HABITS ARE IMPORTANT AND MUST BE LEARNED. YOUR CHILD IS DEPENDENT ON YOU AND OTHER ADULTS IN THE FAMILY TO MAKE THIS LEARNING POSSIBLE AND OF THE RIGHT TYPE.

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FOR BROADCAST TUESDAY, AUGUST 10, 1948

Farm and Home Calendar

(2:00)

Tazewell County Home Bureau Garden Festival, August 12-13, 1-10 p.m., Douglas School Gymnasium, Pekin, Illinois. This is really a flower, fruit and garden show. J. R. Culbert, floriculture department, University of Illinois, will judge the exhibits and will give a flower arrangement demonstration at 3 p.m., August 12.

Mercer County Farm and Home Bureau Picnic, Thursday, August 12, 9 a.m.-5 p.m. County Fair Grounds, Aledo, Illinois. Charles B. Schuman, president of the Illinois Agriculture Association, will speak at the afternoon session.

Bond County 4-H Show, Thursday, August 12, all day, Greenville City Park, Greenville, Illinois.

Wabash County Soil Conservation Field Day, Thursday, August 12, 10 a.m. Meeting to be held at Charles Newkirk home, Mt. Carmel, Illinois. Charles Stookey, Farm Reporter for KXOK, will speak.

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FOR BROADCAST TUESDAY, AUGUST 10, 1948

Vacation Time--for Your Refrigerator

(1:15) If you and your family are off for vacation for a week or ten days, give your refrigerator a bit of attention before you leave. It has been working at top speed since early spring, and a complete rest will do it good.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to disconnect it and if it is a gas or oil refrigerator, turn off the gas or shut off the oil. Remove all food, defrost it, and clean the cabinet thoroughly. Leave the cube trays empty, and LEAVE THE DOOR OF THE REFRIGERATOR AJAR.

If you have an open-type unit, have the service man close the valves, and arrange with him to open them again when the machine is put back into service. Sealed-type units and gas or kerosene refrigerators need no servicing when put out of use.

Ice refrigerators call for attention too. Remove all of the ice and food, clean the box, and drain pipe thoroughly. Wipe the inside of the box as dry as possible and leave the door open. This will allow free circulation of air and prevent mildew.

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Potatoes Are Plentiful--And Good Penny-Stretchers

(:30) Potatoes are one of our best buys. They should have a place at our table every day--or twice a day. Prepare them as you will--old ways and new ways--they are good for us and give us more food energy for the money than any other vegetable.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to go easy on water when you put peeled potatoes into the pot. The more water you use, the more vitamins you lose. And save the cooking water with its vitamins and minerals. You can put it to good use in soups, gravies and sauces. EVERY FOOD PENNY COUNTS--ONE SAVED IS ONE EARNED.

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FOR BROADCAST WEDNESDAY, AUGUST 11, 1948

Canning Peaches? Speed Is Important

(2:00) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says for best results in canning peaches to work rapidly, and with small quantities. Scald only a few at a time, and avoid having the fruit stand in water.

Select ripe, firm peaches of uniform size. Use either the cold-pack or the hot-pack method, as you prefer, and sweeten according to family tastes. One-half cup of sugar for each cup of water will give you a medium syrup. One cup of sugar for each cup of water makes a thick syrup.

If you choose the cold-pack method, place the peeled peach halves, pit side down, in glass jars or plain tin cans. Make a firm, uniform pack. Cover with boiling syrup, and process in the boiling-water bath for 30 minutes.

For the hot-pack method, simmer the peaches in the syrup for 3 to 5 minutes--do not cook until soft. Pack into the containers, pit side down, and overlap layers to make a uniform pack. Fill containers with boiling syrup. Process in the boiling-water bath for 15 minutes.

Count the processing time accurately. When the water in the bath is boiling, place the jars of fruit--previously heated to prevent breakage--or the cans on the rack so that the water may circulate freely around them. See that the water covers the containers. Bring the water again to the boiling point. When it is boiling vigorously, start counting the processing time.

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FOR BROADCAST WEDNESDAY, AUGUST 11, 1948

Illinois Rural Youth--on Tour

(:45) August 19-23 is "tour time" for Illinois Rural Youth members. About 50 young people have registered for the trip to date. Others wishing to go should contact E. D. Lyon, Illinois Agricultural Association, 43 East Ohio Street, Chicago 11, Illinois.

The young people will start from the University of Illinois campus in Urbana and travel by bus as far south as Dixon Springs and then west to Alton. The schedule calls for visits at the Lincoln Shrines in Springfield, Lincoln Log Cabin State Park, Cave-in-Rock State Park, Robbers Cave, Giant City State Park, the Illinois Fruit Exchange in Carbondale and Forts Kaskaskia and Chartres.

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Salmon Salad--for the Main Dish

(1:45) If you're on the hunt for a main-course dish that is quick to make and easy on your purse, try Salmon Salad. Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, recommends it and sends along this recipe:

SALMON SALAD

2 cups flaked salmon
1 cup celery, diced or cut in small pieces
1/2 cup sliced or minced sweet pickles

Mix the ingredients with French, cooked or mayonnaise dressing 15 or 20 minutes ahead of serving time in order to blend the flavors. Serve on crisp lettuce.

You will find several different kinds or species of canned salmon in your local market, so select according to family preference and your pocketbook. Chinook, or King, salmon is salmon red or lighter, with a firm flesh. Red, or Sockeye, salmon is firm-fleshed and deep orange-colored. These two varieties are generally higher in price than some of the others.

Medium red, Coho, or Silver salmon has fairly firm flesh. It is deeper in color than Chinook and lighter than Sockeye. Pink salmon is pale pink with a less firm texture and is more abundant than most of the other varieties. Chum salmon is light pink or almost white and contains a little less oil.

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FOR BROADCAST THURSDAY, AUGUST 12, 1948

Your Child--Inoculation Important

(1:45) Is your child starting to school for the first time this fall? Is he ready? Have you protected him against such diseases as whooping cough,diphtheria and smallpox?

Dr. Roland R. Cross, state director of public health, recommends that parents start at once to have nonimmune children protected. Several weeks are required to establish immunity, and it is almost time for schools to open.

Dr. Cross says that school children, especially those in the primary grades, are highly susceptible to both whooping cough and diphtheria. It is these children who frequently carry the germs of disease home to their younger brothers and sisters.

Inoculation against any one of these diseases is a safe, simple and inexpensive procedure, according to Dr. Cross. The necessary protective materials are available from the state department of public health at no cost to Illinois physicians.

IF YOUR CHILD IS NOT ALREADY PROTECTED AGAINST SUCH DISEASES AS WHOOPING COUGH, DIPHTHERIA AND SMALLPOX, DON'T DELAY. CONSULT YOUR PHYSICIAN AT ONCE. Several weeks are required to establish immunity, and schools will reopen in a very short time.

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FOR BROADCAST THURSDAY, AUGUST 12, 1948

Stretching Meat Pennies? Here's a Neat Trick

(1:15) Potatoes are plentiful and reasonable in price. Meat--every cut, every variety--is costly for "just average" budgets. Why not use potatoes to carry the meat flavor?

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends Baked Potatoes With Corned Beef. It is a meal-in-one dish, simple to prepare and attractive to serve.

Bake the potatoes as usual; then cut a slice from the side of each potato. Scoop out the pulp, and season to taste with a bit of butter or margarine, salt, cayenne and minced parsley. Add a small amount of hot milk, if needed, and whip the potatoes until they are light and creamy. Add about one cup of shredded corned beef and refill the shells.

Place the potatoes in a baking dish and sprinkle the tops with grated cheese. Return to the oven just long enough to melt the cheese and brown the potatoes lightly.

If you prefer, use another kind of meat in place of the corned beef. A very small portion of deviled ham lends good flavor. Diced crisp bacon or ham may be used. Smoked sausage minced or chopped is another favorite.

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Farm Fires Can Be Prevented--How Safe Is Your Farm?

(:30) The National Safety Council reminds us that farm fires can be prevented. It involves thorough and frequent inspections and removal of hazards, but it is worth all the time and effort required.

An increasing hazard on farms throughout the country is electricity. Electrical fires are caused by faulty wiring and careless maintenance. Remember that all wiring should be installed by a qualified electrician--not by just anyone who thinks he has the proper "know-how." Be sure all of your farm and home appliances have the Underwriters' seal of approval. IT IS YOUR PROTECTION.

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FOR BROADCAST FRIDAY, AUGUST 13, 1948

Junior State Fair Opens Today

(2:00) Boys and girls from every county in Illinois "opened shop" at the State Fair, Springfield, this morning--August 13. From now until next Friday afternoon--August 20--Future Farmers of American and 4-H club boys and girls will be exhibiting livestock, clothing and handicraft. They will be giving demonstrations and taking part in the clothing review.

E. I. Pilchard, member of the state 4-H club staff and superintendent of the Junior Department, says enrollment is running high. More than 2,000 young people and their leaders are expected this year.

Junior Department quarters are completely separate from the main fair grounds. They are on the south side of the road leading into the west fairground parking area. All activities are housed in two state buildings--the Junior Home Economics Building and the Junior Livestock Building.

The dormitories for boys and girls and their leaders are in the Junior Home Economics building and can accommodate about 1,600 at one time. The cafeteria--in the same building--can take care of approximately 600 at one time. Meal hours are spaced to go hand in hand with the daily program.

Be sure to visit the Junior Department on your day at the State Fair. Every county in the state will be represented during the week. Boys and girls will be there with exhibits of their work.

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FOR BROADCAST FRIDAY, AUGUST 13, 1948

Open-Kettle Canning--Not Recommended

(1:00) Don't use the open-kettle method for canning fruits and vegetables. It is not recommended. The chances for food spoilage are too high.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that, when you transfer the food from the kettle to the jar, bacteria may get into the food and cause it to spoil. Then, too, vegetables call for high temperatures. The temperatures obtained in open-kettle canning are not high enough to destroy all spoilage organisms that may be in the food--unless you cook it for a very long time.

Food spoilage means food waste. Don't take chances. Use your pressure canner for low-acid foods, and make sure it is in good operating condition. Use the boiling-water bath for other fruits and vegetables--those high in acid. Remember, the open kettle method is not recommended.

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ccidents Are Taking Children

(:45)Accidents are the leading cause of death among children more than one year of age. There has been little improvement n this age group in the past 15 years. Will you help by making our home safe for your children?

According to recent information from the Metropolitan ife Insurance Company, the death rate from accidents per 100,000 ar surpasses that from any other cause. During the last 15-year eriod the death rate from diseases has been cut about 67 percent. he death rate from accidents shows little improvement. ACCIDENTS ON'T JUST HAPPEN! THERE IS ALWAYS A CAUSE!

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FOR BROADCAST SATURDAY, AUGUST 14, 1948

Illinois Rural Chorus--At State Fair Tonight

(1:00) Twelve hundred voices from 30 counties in all sections of the state! That's the Illinois Rural Chorus that will sing at the State Fair tonight.

The program is scheduled for 6:45 p.m., and the entire chorus will be grouped in front of the grandstand. In addition to 5 numbers sung by the chorus, there will be solos and special numbers by county groups.

The chorus is under the direction of Robert G. Haley, University of Illinois College of Agriculture, and it is the largest group of its kind in the United States. Part of the chorus will sing at the State Farm Sports Festival on the University campus Friday, August 27. About 350 members of the group will travel to Toronto, Canada, to sing at the Canadian National Exhibition August 28.

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Counting Food Pennies? Use Plentiful Foods

(:05) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us to buy generously of the foods that are in good supply. They are the ones usually listed at bargain prices. Select for quality as well as for price.

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FOR BROADCAST SATURDAY, AUGUST 14, 1948

Old Fashioned Pickles--They're Easy to Make

(:30) Making pickles this season? Pickled peaches, tart and sweet, dills with a tang, old-fashioned cucumber slices--these are just a few of the kinds that make winter meals easy to plan.

If you are interested in making some of these "flavor accessories" and need suggestions, send for the United States Department of Agriculture leaflet "Pickle and Relish Recipes." It gives basic information on pickle-making--equipment, spices, methods of brining, sealing--and tells you exactly how to proceed.

You'll find recipes aplenty, all tested for flavor and keeping quality. If you wish a copy of the leaflet, write the University of Illinois College of Agriculture, Urbana, Illinois. Single copies of "Pickles and Relish Recipes" will be mailed on request.

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Nurses Are Needed--Will You Help Recruit?

(:30) Adequate nursing care for all who need it is not available today. More nurses must be recruited for training. Won't you help by interesting young women in your community?

Many changes have taken place in preventive and curative medicine. These changes have had a great effect on the kind of nursing service now required by the patient. For example, electric shock, insulin shock and penicillin have expanded the field of knowledge required of today's nurse and the duties she must perform.

To find out about the national program for the year ahead and how you can help relieve the critical situation, write to:

The American Nurses' Association
1790 Broadway, New York 19, N.Y.

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Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, AUGUST 16, 1948

Farm and Home Calendar

(1:00)

KNOX COUNTY 4-H Show, Friday and Saturday, August 20-21, at the Knox County Fair Grounds, Knoxville. Judging of agricultural and home economics projects starts at 9 a.m. Friday. Farm and Home Bureau Picnic is scheduled for Saturday.

McHENRY COUNTY 4-H Club Show and Fair, Monday and Tuesday, August 23-24, McHenry County 4-H Town, Woodstock.

MARSHALL-PUTNAM COUNTY 4-H Tour, Monday, August 23. Tour will start at 10 a.m. at the Charles Weir farm. In the afternoon it will be continued at the Chris Anderson farm.

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Safety Tools--They're Yours for the Asking

(:20) Courtesy and caution--these are two safety tools that should travel with every car driver. They will help you drive safely--help you prevent accidents.

The National Safety Council warns that other drivers have their rights too. If you insist too stubbornly on your own rights, you may get involved in an accident. Don't take chances!

Make it the rule always to carry courtesy and caution as part of your regular car equipment. They will help keep you and others alive and unhurt. Don't rely on the other driver. Take time to drive safely.

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FOR BROADCAST MONDAY, AUGUST 16, 1948

Your Child--He Can Learn to Dress Himself

(2:00) How long does it take your child to dress? Does it seem far too long to you? Are you concerned with his lack of interest and his dawdling?

Dr. Nellie Perkins, director of the child development laboratory, University of Illinois College of Agriculture, says not to be discouraged. Learning to dress is a long, slow process for all children--a process that extends over a period of years. So don't be discouraged, but have patience aplenty. He will be able to dress with more or less ease by the time he is five years old--if you make it possible and enjoyable.

It is hard for grown-ups to realize that a child's motor development is not up to some of the things required in dressing. For instance, a child under 5 years cannot turn garments right side out. He does not know right from left. He cannot manage zippers nor "do up" buttons that are less than 3/4 inch in diameter.

Location of the buttons on the garment is very important to the young child. At first all buttons must be in front. Clothing which buttons on the side presents another and an entirely different problem for the child. Managing rear buttons is the most difficult and should be the last to come--much later than the fifth year.

Give your child time to learn to dress. Have patience and make sure his garments are simple, with fasteners that are easy to manage. He will learn to dress himself in due time--by his fifth birthday--if you make the activity possible and enjoyable. Remember that learning to dress is a long, slow process and extends over a period of years.

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'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, AUGUST 17, 1948

Buying a Washing Machine? What Capacity Do You Need?

(2:00) If you are in the market for a washing machine, you'll want to know about capacity. How big a load will it take--how many items, sheets, for example, can you run through at one time?--this is an important point.

Miss Gladys Ward,home management specialist, University of Illinois College of Agriculture, says capacity is usually measured by the number of pounds of clothes that can be washed at one time. In standard-size machines--those designed for ordinary family washings--this ranges from 6 to 10 pounds.

To make your decision, you'll need to consider, of course, how big your family washing usually is. You'll want to consider, too, the kinds of clothes you have to wash, and how you sort them--that is, how they divide into washer loads.

If you wash only once a week, you'll probably want a machine that will take the whole washing in the fewest possible loads. However, if you prefer to wash oftener and less at a time, a smaller size may be better.

Before you decide--before you make your purchase--study the needs of your family. Study the importance of saving time and energy to you. Then examine carefully all types of machines that seem to meet your requirements and that are within reach of the family pocketbook.

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FOR BROADCAST TUESDAY, AUGUST 17, 1948

Spices for Pickles--Select Whole Ones

(1:00) If you want your homemade pickles to be tops in flavor, use care in selecting the spices. Whole spices are recommended for most cooked pickles.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says the whole spices keep flavor longer. Then, too, they can be tied in a cloth or bag to cook with the other ingredients and then lifted out before the pickles are packed. Spices packed in the jars with the pickles tend to make them dark.

When you use a bag for spices, be sure to have a clean, white cloth large enough for the juices to circulate through the spices and draw out the flavor. Be sure to remove the spices before you pack the pickles. Store them in a cool, dark place if you want them to hold their lovely color.

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Fall Wardrobes--It Is Time to Plan

(1:00) Wardrobes call for careful planning this fall. These days--just as in wartime--pennies must be counted carefully and fabrics on hand must be used. Materials, as well as ready-made garments, are a bit on the costly side for "just average" pocketbooks.

If you have material on hand that is faded, perhaps you can dye it. Or, if you have a garment that is poor in color, perhaps you can change it to a good one. If you want information on dying fabrics, send for a copy of the University of Illinois leaflet, "Dying Used Fabrics."

Miss Edna Gray, clothing specialist, is the author. She lists information on such troublesome problems as dying fabrics fast color, top dying, tinting, dying a good black over another color. She explains how the fiber influences success in dying, and the kind of dye that is needed for the various fibers.

For your copy of "Dying Used Fabrics" write the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

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FOR BROADCAST WEDNESDAY, AUGUST 18, 1948

Liquid--How to Keep It in the Jars

(2:00) Loss of liquid is one of the troubles that seem to go hand in hand with home canning--unless,of course, rules are followed to the letter. By way of review let's repeat the rule for keeping the jars full to the brim during processing and after processing.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says there are several things that cause loss of liquid during processing. One very common fault is filling the jars too full. Jars should be filled to within 1/2 inch of the top--not to the rim. Space must be left for the food to expand as it heats.

Failure to keep the pressure steady--when you are using the pressure canner--during processing will cause loss of liquid. Keeppressure as uniform as possible throughout the processing period.

Loss of liquid may result if pressure is lowered too suddenly and too rapidly at the end of the processing period. When processing is complete, remove the pressure canner from the heat. If glass jars are used, let the pressure fall slowly to zero and then slowly open the petcock.

If No. 3 or larger tin cans are used, allow the pressure to fall to zero before opening the cooker. If No. 2 or smaller cans are used, slowly open the petcock when the cooker is removed from the fire--without waiting for the pressure to fall to zero.

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FOR BROADCAST WEDNESDAY, AUGUST 18, 1948

Food Budget Troubles? Here's a Suggestion

(2:00) Have you served Souffled Cheese Sandwiches? They are fine as the main dish for mid-day or evening meal, and mighty attractive to serve.

Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, says they are so quick and easy to make you can whip them up and have them ready to serve in a very few minutes. Why not try them for supper tonight?

You'll want to match the dish to family appetites, but if you are preparing sandwiches for three hungry people--let us say--here are the ingredients you'll need.

Souffled Cheese Sandwiches

6 slices of bread (two for each serving)
3 eggs, separated
Salt, paprika, pepper--as you wish
1/2 cup grated sharp cheese

Toast the bread on one side. Beat the egg whites until stiff. Add seasonings to egg yolks and beat until light. Fold the yolks and cheese into the whites. Heap the mixture on the untoasted side of the bread and bake in a moderate oven (350°F) until puffy and lightly browned.

For a richer sandwich spread a generous layer of cheese over the untoasted side of the bread before you heap on the whipped egg mixture.

Send to the table piping hot, garnished with slices of tomato, green pepper rings and a bit of parsley. Or, if you prefer, use celery, pickles, and olives or radishes as the garnish.

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FOR BROADCAST THURSDAY, AUGUST 19, 1948

Potato Plenty--It Is Good for the Pocketbook

(1:15) You're missing an opportunity to keep food costs down unless potatoes go into some of your menu plans. This sturdy, brown-jacketed friend stands for good health and good eating.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says Potato Mounds with Rarebit is a fine dish for either lunch or dinner. It is one you can have ready in a jiffy, and it is very satisfying and not too hard on the purse.

Use your favorite recipe for Rarebit. Shape the mashed potatoes into mounds on a baking sheet, and make a hollow in the center of each. Brush with a bit of melted fat--butter, margarine, bacon or ham fat--and brown lightly in a moderate (350° F.) oven.

Remove the mounds to hot serving plates, and fill the hollows to overflowing with rarebit. Sprinkle with paprika and send to the table piping hot.

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Look for Leaks--When Canning Is Done

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us to examine containers carefully when canning is done. It will prevent waste of food.

If you can in glass jars, test for leaks when the jars are thoroughly cooled. It is a good plan to wait from 12 to 18 hours to do the checking. If you can in tin, examine the seals when you wipe the cooled cans. Also set out any can that buckles and breaks its seams. Too little food in the can or too fast cooling causes this type of leak.

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FOR BROADCAST THURSDAY, AUGUST 19, 1948

The Family Ironing--Let's Make It Easier To Do

(2:00) How long does it take to do the family ironing? How many hours each week? If you want to make the job easier to do--reduce the time and energy required--here's a suggestion.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says much time can be saved if we give attention to the hanging of the clothes on the line. Careful hanging will even make it unnecessary to iron some items.

If you really want to reduce ironing time, smooth all flat pieces as much as possible when hanging them up. Pull hems and selvages straight. When you hang a large piece, such as a sheet or tablecloth, fold it hem to hem and lap it over the line about 12 inches to keep it from sagging. Fold towels and pillow cases over the line 6 to 8 inches.

Hang shirts by their tails so that the air can circulate freely and remove wrinkles from sleeves, shoulders and collar. Rust-proof hangers are efficient for hanging fine dresses and blouses. If you place two hangers in each garment and pass the hooks over the line in opposite directions, they won't slip off the line.

Pinning small pieces together--socks, belts, handkerchiefs--is poor practice. Frequently it damages the fabric--often tears them. Picking up small articles separately does require time. It is not tiresome, however, when the clothes basket is at a comfortable height. BY PUTTING THE CLOTHES BASKET ON A CART OF THE RIGHT HEIGHT SO THAT YOU CAN REACH THE CLOTHES WITHOUT STOOPING AND BENDING, YOU CAN SAVE ABOUT ONE-THIRD OF THE ENERGY YOU ORDINARILY USE TO DO THE WORK.

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FOR BROADCAST FRIDAY, AUGUST 20, 1948

Remove Hazards--Keep Your Child Safe

(1:00) Until a child can move about under his own power, it is fairly simple to protect him. It's when he becomes a creeper or a toddler that we have to be on the alert--and every minute of the day.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, lists a few everyday precautions to keep in mind:

1. Keep all unused electric outlets taped over. He can reach and climb higher than you realize.
2. Watch out for frayed electric cords. They are a hazard.
3. Put bulbs in all empty light sockets.
4. Get into the habit of turning pot handles away from the front of the stove.
5. Use table mats instead of a dangling tablecloth.

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Fly Control--It Calls for Attention Regularly

(:15) Professor H. B. Petty, entomologist, University of Illinois College of Agriculture and State Natural History Survey, says the Fly Control Program is under way in almost every section of the state. Midsummer is a critical season.

We need to keep on the job--to retouch areas that have been treated with DDT. Rain and hot weather tend to destroy the treatments. Don't let trash and garbage collect. Remove it promptly before Mr. and Mrs. Fly move in.

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FOR BROADCAST FRIDAY, AUGUST 20, 1948

Check Your Canner--It Has Been Working at Top Speed

(1:00) Pressure canners have been working at top speed since mid-April. Most of them will be kept busy until late fall. Now is a good time to recheck them carefully and make sure they are in good condition.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says the first step is to check the canner for cleanliness. Examine the openings to the petcock, safety valve and pressure gage. Clean the openings with a toothpick or other small sharp-pointed tool. Clean the petcock and safety valve by drawing a string or a narrow strip of cloth through them.

Give attention to the edges of the kettle and cover. If necessary, scrub them with whiting and water. Dried food, dirt or scale formed by hard water on either edge may prevent a tight seal and allow steam to leak out.

If your canner has a rubber gasket, keep it clean and free from grease. If it no longer gives a perfect seal in its original position, try turning it upside down. Some types of gaskets may be reversed. If necessary, order a new gasket from the manufacturer.

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A Good Peach Trick--Here's One

(:20) Peaches fully ripe and fine in flavor belong in menu plans. Mrs. Elizabeth Arnold, foods specialist, University of Illinois College of Agriculture, suggests Peach Ice Cream Tarts for dessert.

Bake the individual tart shells--or a large shell--as you prefer. Cool thoroughly, and at serving time add a generous layer of sliced peaches, sweetened to taste. Top the peaches with vanilla ice cream, add another layer of peaches and the dessert is ready to serve.

If you want an interesting variation, use a combination of fruits. Peaches plus crushed fresh blueberries are delightful.

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FOR BROADCAST SATURDAY, AUGUST 21, 1948

Peaches--Consider Size When Buying

(1:45) Are large peaches more economical than the small ones? Which are the best buys for the average pocketbook? These are questions which call for consideration, whether you are buying peaches for canning or freezing or for serving today.

Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, says the answer depends partly on the difference in the price of the two sizes, but there are other points to consider. For example, the seed in a small peach is almost as large as the seed in a large peach, and it requires just as long to remove.

In a study made at the Georgia Agricultural Experiment Station, the pit loss from Elberta peaches measuring three inches or more in diameter was 5 percent. On the other hand, pit loss from peaches two inches or less in diameter was over 12 percent. Peeling and trimming losses were 20 percent for the large peaches and 40 percent for the smaller ones. TOTAL LOSSES WERE OVER TWICE AS GREAT FOR THE SMALL PEACHES AS FOR THE LARGE ONES.

Preparation time is an important consideration, too, for the majority of homemakers. It takes as much as two or three times as long to pit a bushel of small peaches as a bushel of the large fruit. THEREFORE, UNLESS THERE IS A GREAT DIFFERENCE IN PRICE, IT IS SELDOM MORE ECONOMICAL TO BUY THE SMALL FRUIT.

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FOR BROADCAST SATURDAY, AUGUST 21, 1948

Your Child--Help Him Learn to Dress

(1:15) Learning to dress is not easy for young children. Three- and four-year olds need considerable help, but that help must be of the right kind, and it must be given in the right spirit.

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says fastenings are the hardest of all to manage and are the last thing learned. Show your young child how--let him work on one button until he can do it. Then, while he is doing his button, you can do all of the others.

Be careful to get him started correctly. Be sure the button and button-hole are matched so that you won't have to undo what he has done. He will be discouraged--and so will you--to have to start again.

As he learns, he will take on more, but be sure all front buttons are thoroughly mastered before he starts on side buttons. He will take them in his stride, and much faster than the front buttons, when he is ready. Side buttons present another and an entirely different problem.

Remember that learning to dress is a long slow process and extends over a period of years. Give your child time to learn to dress himself, give him as much help as he needs--but not more--and have patience at all times.

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School Lunch--Time to Plan

(:30) Come September, children will be off to school again. What plans are you making for their noon meal? It is an important meal of the day and should provide its share of good, nourishing food.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that last year about 2,500 Illinois schools participated in the Federal-State School Lunch Project. Funds have been allocated again this year. If you want your school to participate, get plans under way at once.

For information about the Federal-State School Lunch Project, contact your school principal or superintendent, or your county superintendent of schools. They have information about the plan and will tell you how to proceed in setting up the project for your school.

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FOR BROADCAST MONDAY, AUGUST 23, 1948

Farm and Home Calendar

(1:00)

STARK COUNTY 4-H Fair, Monday, August 23, at the Walter Smith Cattle Barns in Wyoming. Calf-roping contests and the crowning of the king and queen start at 9:30 a.m.

MADISON COUNTY 4-H Club Show, Thursday, August 26, at Highland. Exhibits of livestock, poultry, vegetables and other projects start at 9:30 a.m.

PULASKI-ALEXANDER COUNTY 4-H Club Show, Friday, August 27, at the Old Grange Grounds two miles northeast of Villa Ridge. This show takes the place of a county fair in Pulaski-Alexander County.

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Courtesy at the Wheel--May Be a Matter of Life or Death

(1:00) We all know--when we take time to think--that courtesy behind the wheel is not just a matter of etiquette. It may be a matter of life or death to us, to the passengers in our car and to other people on the highway or street.

The National Safety Council sends along these courtesy tips which should be observed by all drivers at all times in order to help prevent accidents.

1. Drive in the proper lane.
2. Signal your intention of turning or stopping--and signal in plenty of time.
3. Don't challenge other drivers for the right of way.
4. Remember that your courtesy is your own protection--drive always as you would have the other fellow drive.

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FOR BROADCAST MONDAY, AUGUST 23, 1948

Fall Clothing Budgets--Stretching Tricks

(2:00) Clothing budgets will need to be stretched again this fall. Quality ready-to-wear garments, as well as materials by the yard, are a bit on the costly side for everyday pocketbooks.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says making the most of the garments and materials on hand is the first step in economical planning. There are a number of things that can be done to recondition materials and make them usable.

One of the most popular reconditioning tricks is to dye the material. Frequently a fabric that is a poor color, or one that has faded, can be dyed and made attractive. Sometimes a garment from last season or the season before does not harmonize with the garments for this season. More than likely it can be dyed and used to good advantage.

If you are planning to dye a used fabric, the first step is to determine the fiber. This is important because the fiber not only influences the success you'll have in dyeing the material, but determines the type of dye which should be used.

Check the color of the fabric carefully and decide the color of dye that will give the best results. For example, some colors cannot be dyed with certain others. Yellow, orange, brown, black, and red cannot be dyed bright blue successfully. On the other hand, a bright red can be dyed any darker red, dark brown, or black.

Examine the material for faded places, and level or strip the color if necessary before you attempt to dye it. Material to be dyed should be absolutely clean. If necessary, remove spots and wash it. Weigh the material while it is dry.

If you want information on dyeing materials, send for the University of Illinois leaflet, "Dyeing Used Fabrics." It gives explicit directions for preparing the material, selecting the dye and doing the actual dyeing work. Write the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST TUESDAY, AUGUST 24, 1948

Vitamin C Important When Thawing Peaches

(1:00) Vitamin C or ascorbic acid added to syrup used in preparing peaches for freezing does help to prevent browning. It is likewise important in preventing browning when the fruit is thawed.

Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, says the antibrowning effect of the added ascorbic acid is especially important when the fruit is thawed. The peaches can be exposed to the air for some time before they darken.

When served, frozen peaches--to which the ascorbic acid was added at the time of freezing--have a color much like that of fresh peaches. In addition, when both fruit and juice are served, the ascorbic acid contributes to the nutritive value, although the full vitamin activity is not retained after freezing.

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Your Wringer--After-Washing Care

(:30) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to be sure your wringer is clean and dry before you put it away--if you want it to give good service. When your washing is done, release the pressure on the rolls. Flat spots come from leaving the rolls pressed together.

Clean and dry the rolls after every wash. If they are easy to remove, take them out and wash them in warm, soapy water. Then rinse them in clear water, wipe them dry and replace them, leaving the pressure released. If the rolls do not come out easily, wash, rinse and dry them in place.

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FOR BROADCAST TUESDAY, AUGUST 24, 1948

Your Child--Sleeping Garments Are Important

(1:15) If your young child is restless at night--if he doesn't sleep as well as he should--check his sleeping garments. Physical comfort is very important to good sleep.

Dr. Nellie Perkins, director of the child development laboratory, University of Illinois College of Agriculture, says night clothing is far more important than grown-ups sometimes realize. Garments that are too small, or garments that bind any part of the body, should not be worn.

Garments must be large enough to allow for shrinkage and for growth of the child. We must remember that little children grow very fast--as much as 2 1/2 inches between the 24th and the 30th month.

Large armholes, full crotch, good length and ample feet are essential for the moving and stretching which the child does during sleep. For winter, canton flannel is warm, but not too heating. In summer, the lightest of night clothes are best.

Children enjoy having their own things. Bathrobe and slippers will help to make even a three- or four-year-old independent. If he wakens before the rest of the family, he can make an attempt--at least--to take care of himself.

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Block Printing--How to Do It

(:45) Block printing is popular today. It is used on all kinds of plain cloth and paper to make place mats, monogrammed stationery, scarves, curtains, aprons and many other things.

If you are interested in block printing and need directions, send for the University of Illinois leaflet, "Adventures in Block Printing." It lists the equipment and supplies you'll need, tells you how to choose the design and gives 6 or 8 designs that will serve as a guide.

In addition, the leaflet explains how to cut the linoleum block and gives directions for using it in printing the design. For your copy of "Adventures in Block Printing," write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST WEDNESDAY, AUGUST 25, 1948

Crystals in Jelly? Here's the Reason

(1:30) Crystal formation in jelly is one of the problems that seems to plague scores of homemakers. When first made, the product will appear clear and lovely in color. But when it is served, it has a grainy or rough texture. What to do about it is the question.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says sugar crystals may result from any one of four different causes. Too much sugar may cause crystals to form, if the juice does not contain enough acid.

Cooking time of the jelly should be checked very carefully, and skill should be developed in recognizing the jelly stage. Overcooking may cause crystals to form. Prompt sealing of the jelly is important, for delay may cause crystals to form.

Cream of tartar crystals in grape jelly may be greatly reduced--even prevented--by letting the juice stand for several hours in a cold place before making it into jelly. Some homemakers follow the practice of storing the grape juice and allowing the crystals to "settle out" before they make the jelly.

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FOR BROADCAST WEDNESDAY, AUGUST 25, 1948

Meat Pie--Try Seasoning the Crust

(1:00) No doubt you've served meat pie dozens of times, but have you ever added seasoning to the crust? Mrs. Lorena Neumann, foods specialist, University of Illinois College of Agriculture, says it is a first rate way to make an everyday dish interesting.

Prepare the pastry crust as usual, but add a small portion of celery seed or celery powder and a dash of paprika to the flour along with the salt. If time permits, before you bake the pastry, let it "ripen" an hour or two in order to blend the flavors.

Unless you are sure of family tastes, add the seasoning with a light hand. Or, if you prefer, substitute other seasoners for the celery seed and paprika. A bit of finely minced parsley, a dash of onion salt or just a trace of dill gives good flavor.

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Tomato Juice--How to Freeze

(:45) Tomato juice is easy to prepare for freezing. Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, says that freezing preserves even more of the fresh flavor than canning does.

Select top-quality tomatoes, wash them and quarter them. Simmer them for 10 minutes, then strain off the juice. Pour into glass containers, adding 1/2 teaspoon of salt for each pint. Seal and freeze promptly. (Precaution: Leave 1/2 inch of head space to allow for expansion during freezing.)

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FOR BROADCAST THURSDAY, AUGUST 26, 1948

Hot Pack or Cold--For Canning Tomatoes

(1:15) Tomatoes are plentiful this summer, and they are easy to can. Either the hot-or cold-pack method may be used in canning them, but Miss Virginia Charles, foods research specialist, University of Illinois College of Agriculture, says the cold-pack method is preferred.

Judges at the Bureau of Human Nutrition and Home Economics, USDA, recently taste-tested tomatoes which had been canned by both methods and stored for a period of time. They judged the tomatoes which had been packed raw--the cold-pack method--best in flavor, color and texture.

To can tomatoes by the cold-pack method, pack the peeled raw tomatoes in clean hot jars. Pack them as solidly as possible, and add fresh tomato juice to within one inch of the top of the jar. Cover and process in the boiling water bath.

Allow 45 minutes for processing the quart jars and 35 minutes for the pint jars. Begin counting the time when the water returns to the boiling point after you have added the jars. At the end of the processing time, remove the jars carefully, finish sealing them--depending on the type of jar and closure you are using--and cool them as quickly as possible.

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FOR BROADCAST THURSDAY, AUGUST 26, 1948

For Dessert--Peach Ice-Cream Shortcake

(1:00) If you are looking for a hurry-up dessert that is both good to eat and good to look at, try Peach Ice-Cream Shortcake. Make individual servings, or prepare one large short cake and serve it at the table.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to use your recipe for plain cake--either sponge or butter cake--and bake it in a shallow pan if you wish individual servings. If you plan to serve the large shortcake, then bake the batter in two layers, or in a round loaf pan, and split the loaf into two layers.

Peel and slice fully ripe peaches and sweeten them to taste. Fill or top the cake with vanilla ice cream and a layer of the sweetened peaches. For extra goodness and flavor, serve promptly with a dish of the fresh peaches 'longside.

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Check Your Refrigerator Carefully--Give It Good Care

(1:00) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says mechanical refrigerators need special care during the summer months. When the outside temperature runs high and more food is kept in the box and the door is opened more frequently, defrosting needs to be done often.

Defrosting should be done when the frost on the freezing compartment is about a quarter of an inch thick. When it is heavily coated with ice, the coating acts as insulation and lengthens the air cooling process.

If it is necessary to speed defrosting, set pans of hot water in the ice cube compartment. This loosens the frost coat so that you can remove it easily. One precaution--hot water is not good for the wax finish of ice cube trays. Do not use them for defrosting.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, AUGUST 27, 1948

Farm and Home Calendar

(1:00)

CLARK COUNTY Farm Bureau Farm Management Tour, Tuesday, August 31, 10 a.m. Fred Geisert farm, northeast of Casey. R. T. Odell of the Agronomy Department, University of Illinois College of Agriculture, will discuss soil types, treatment, rotation, and field arrangement.

STARK COUNTY Livestock Outlook Meeting, Tuesday, August 31, 8 p.m. at the Farm Bureau Office, Toulon, Illinois.

GREENE COUNTY Field Day, Tuesday, August 31, 9 a.m. at the M. S. McCollister farm, south of White Hall, Illinois. Dr. Fred Boyd, Crowe Hybrid Seed Company will give a demonstration on Soil and Plant Tissue Testing and Compaction.

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Watching Your Weight? Check Concentrated Foods

(:15) If you are keeping a close check on your weight in order not to gain, use concentrated foods sparingly. Miss Harriet Barto, associate professor of dietetics, University of Illinois College of Agriculture, reminds us that bread, potatoes, sweets and fats furnish quite a large number of calories. Do not omit them from your diet entirely. BUT USE THEM SPARINGLY.

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FOR BROADCAST FRIDAY, AUGUST 27, 1948

rozen Meats--How to Cook

(:15) Miss Grace Armstrong, nutritionist, University of llinois College of Agriculture, says promptness is important in ooking frozen meats that have been allowed to thaw. The thawed eat will be moist and will spoil quickly.

It is not necessary to thaw frozen meats before cooking. owever, roasts are usually thawed ahead of the cooking period. eason--they cook more quickly and uniformly.

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alad Tricks for Tomatoes

(1:00) One of the best ways to use fresh red-ripe tomatoes to make them into attractive, fine-tasting salads. There are so ny variations that they need never become tiresome--provided the ixer" has ingenuity and imagination.

Miss Frances Cook, foods specialist, University of Illi- is College of Agriculture, reminds us that tomatoes can be "paired" th any number of different foods. She sends along these salad ggestions:

Combine diced tomatoes, chopped celery,chopped pickle or pick- relish, and a few slices of hard-cooked eggSeason to taste with bit of minced onion, salt and pepper. Moisten with salad dressing mayonnaise. Or use French Dressing if you prefer.

Another suggestion is to arrange alternate slices of to- o and cucumber; or tomato, avocado and grapefruit sections on sp lettuce or other salad greens. Serve with a tart, well- soned French Dressing.

Another favorite combination is diced tomatoes, sliced umber and radishes. Add thick sour cream seasoned with grated on, salt and pepper. Or, if you prefer, add sour cream to onnaise or salad dressing.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, AUGUST 28, 1948

Farm and Home Calendar

(:30)

SHELBY, FAYETTE, EFFINGHAM Tri-County Field Day, Wednesday, September 1, 10 a.m. to 3 p.m. (CST). Meeting will be held one mile south and one mile west of Beecher City, Ill. Program will include pond building, grass waterway construction, terracing, pasture renovation and a youth contour plowing contest.

POPE-HARDIN COUNTY Soil Conservation Demonstration, Wednesday, September 1, 9:30 a.m. to 3:30 p.m. at the Gullet Farm north of Elizabethtown.

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Extension Cords--Use Them Right for Safety

(:45) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to use extension cords ONLY when absolutely necessary. It is dangerous to fasten them closely to baseboards or walls. When you do use them, make it a rule to inspect them from time to time in order to be sure they are in good condition.

Plug an extension cord in an outlet--never attach it permanently. If you run the cord for a distance around the room, attach it to the baseboard with rubber or fiber-insulated fasteners Run it around the door casings--never across a doorway, over steam or hot-water pipes or over hot-air registers.

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FOR BROADCAST SATURDAY, AUGUST 28, 1948

Very Ripe Peaches--Freeze as Pulp or Puree

(1:15) Very often a few of the peaches in the basket are too ripe for freezing as slices or for canning. Why not make them into a puree or pulp and freeze it? After defrosting, it is delicious flavoring for ice cream and sherbets. It can go into puddings and sauces and cake fillings.

Mrs. Royene Owen, foods research specialist, University of Illinois College of Agriculture, says the puree or pulp is easy to prepare, and it often means a saving of the very ripe fruit. Peel the peaches, removing all bruised portions, pit and cut into quarters. Place in a boiling syrup made from 1 cup of sugar and 8 cups of water. This prevents the fruit from darkening and makes it easier to put through a sieve.

After the fruit has been in the syrup for three minutes, remove it, draining it thoroughly, and put it through a sieve. If you prefer, use a fine colander in place of the sieve. Cool the puree and add the sugar.

The amount of sugar you add will depend on the sweetness you desire. Six pounds of whole peaches makes about 6 cups of puree and 1 1/2 to 2 cups of sugar is about the right amount for average tastes. Stir the puree until the sugar is dissolved, and then package it promptly. Use glass freezer jars or moisture-vapor-proof cartons, and freeze as soon as possible after packaging.

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Mildew--It Is Still in Season

(1:00) Hot, humid August days are just right for mildew. We need to be on guard in every area of the house--from attic to basement. Once mildew starts, it is difficult to remedy.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says the first step in preventing mildew is to remove the cause of dampness. The next step is to thoroughly air and dry out the room or the article affected. Otherwise a layer of moist air settles around articles, and mold spores--always present in the air--have ideal conditions for growth.

If dampness in the air causes the moisture--as is often the case in Illinois--then all you can do is to keep things as dry as possible. It is a good plan to close doors and windows if it is warm and damp outside. Warm, moist air coming in condenses on the cooler surfaces of the house--particularly in the basement. This increases the amount of moisture and likewise the danger from mildew.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, AUGUST 30, 1948

Farm and Home Calendar

(1:15)

KNOX COUNTY Fall Livestock Outlook Meeting, Thursday, September 2, 8 p.m. (DST), Knox County Farm Bureau Auditorium, Galesburg, Ill. L. F. Stice, agricultural economics department, University of Illinois College of Agriculture and Walter Howe, Chicago Producers Commission Association, will present the program.

McDONOUGH COUNTY Pasture Improvement Field Day, Friday, September 3, 1 p.m. Meeting will be held at the Chester Jenning--Lloyd Lawson farm six and one-half miles south and one mile west of Macomb, Ill.

MACOUPIN COUNTY Outlook meeting, Friday, September 3, 8 p.m. (CST), AAA Hall, Carlinville, Ill. Representatives from the agricultural economics department, University of Illinois College of Agriculture, and the St. Louis Market will present the program.

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Real Value--Check It Carefully When You Buy Fabrics

(:15) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that it is important to consider "real value" in clothing and fabric purchases.

Fall wardrobes stand high on the list, and careful planning plus careful buying should be the order. "Real value" is the original purchase price plus the upkeep costs and the probable length of the life of the article.

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FOR BROADCAST MONDAY, AUGUST 30, 1948

Fresh Tomatoes--They're Good Meat Stretchers

(2:00) How to stretch one pound of meat--or even one-half pound--to serve a family of five or six is the problem in many homes these days. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we make good use of fresh tomatoes. They are a perfect companion for all kinds of meat, and they are plentiful.

For extra flavor and moistness in ground meat patties, add 1 cup of fresh tomatoes to 1 pound of the ground meat. Add 1/2 cup of uncooked, quick-cooking oats as the binder, and season to taste. This combination has a"different"flavor and helps stretch the one pound of meat to serve six.

Add 2 1/2 cups of fresh tomatoes to the pot roast during the last hour of cooking. The tomatoes help to tenderize the meat, making it possible to use a less tender cut and therefore a less costly one. The tomatoes add good flavor to the gravy, and other vegetables--potatoes, carrots, celery--cooked with the meat increase the number of servings.

Tomatoes are a "must" for Spanish steak. Pour about 2 1/2 cups of fresh tomatoes over the browned meat and add chopped onion, green pepper and celery. Season to taste with salt and pepper, and cook slowly until tender. Add other vegetables--carrots, potatoes--near the end of the cooking period.

Tomato, Corn and Meat Scallop is another dish that will extend the meat flavor. Use ground or diced meat and layer it into a casserole or baking dish with the whole kernel corn and sliced tomatoes. Season to taste with salt and pepper and a bit of minced onion. Top with bread crumbs and bake in a moderate oven (350°F) until the meat is tender and the flavors blended. Either the fresh or the cooked meat may be used.

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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, AUGUST 31, 1948

Farm and Home Calendar

(1:00)

SALINE COUNTY Soil Conservation Field Day, Friday, September 3, 10 a.m. to 4 p.m. The meeting will be held at the John C. Small farm, 3 miles south of Galatia, Ill. Ollie Fink, Secretary of Friends of the Land, is scheduled to speak.

BUREAU COUNTY Fall Livestock Outlook Meeting, Friday, September 3, 7:30 p.m. (CST), Farm Bureau Auditorium, Princeton.

PIATT COUNTY-DEWITT COUNTY Farm Bureau Farm Management Tour, Friday, September 3.

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Check Equipment Carefully--Save Vitamin C

(:15) What kind of strainer do you use for citrus juice and tomatoes? If it is made of metal, do you know the kind of metal? It makes a difference in the amount of vitamin C left in the product.

Nutritionists of the United States Department of Agriculture say that copper and brass strainers should not be used for the job. Copper is very destructive of vitamin C,and brass is an alloy of copper. When citrus juices or tomatoes come into contact with this metal, they lose much of their most important vitamin value.

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FOR BROADCAST TUESDAY, AUGUST 31, 1948

Processing Time--Count It Accurately

(1:15) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to keep your eye on the clock when you use your pressure canner. Count the processing time from the moment the pressure reaches the correct amount for the food you are canning--not before.

Remember that you are canning at high temperatures. A few minutes may make a lot of difference in the canned food. COUNT THE TIME ACCURATELY--DON'T GUESS. When the processing time is up, turn off the heat or remove the canner.

If you are using glass jars, let the canner cool until the gage reaches zero. Then open the petcock gradually. If you are using tin cans, you need not wait for the gage to return to zero. Open the petcock as soon as the processing time is up, but be sure to open it gradually. LET THE STEAM ESCAPE SLOWLY.

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Need More Cupboard Space? Here's How

(1:15) How much space do you have in your kitchen cupboards? Do you need more? If so, perhaps you can increase it by rearranging some of the articles you have stored, or by using the space to better advantage.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that by better use of space many cupboards can be made to hold almost twice as many dishes or cooking utensils as they now do. For example, not all shelves within a cupboard have to be spaced the same distance apart. Frequently there is a great amount of waste space above the articles stored on a shelf.

A good rule to follow is to space the shelves to take care of the things you plan to keep on them. Only dishes and containers of supplies of similar height should be on the same shelf. It is not necessary for a shelf to run the full length of a cupboard, nor for all shelves to be the same depth from front to back. A group of stepped shelves will help to save space and prevent stacking when articles of different height are stored together.

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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, SEPTEMBER 1, 1948

Farm and Home Calendar

(1:00)

LASALLE COUNTY -- Illinois Valley Farm Bureau Federation Management Association Tour and LaSalle County Soil Conservation Field Day, Friday, September 3, all day. Morning program--LaSalle County, Benjamin Alleman farm, south of Peru. Kendall County, Peter Vogen farm, northwest of Lisbon. DeKalb County, Preston Wood farm, southeast of Waterman.

Afternoon program--at three Peddicord farms, 5 miles northeast of Marseilles.

Evening program--LaSalle County Livestock Outlook Meeting, Ottawa, Illinois.

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Crease Resistance--Does It Work?

(:15) Many new finishes to give fabrics crease resistance are being used today. The question "Mrs. Consumer" is asking is: Do they work--do these finishes prevent wrinkling?"

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says these finishes MINIMIZE wrinkling. There is no finish--to date--that will make a fabric crease-proof. When a fabric has been given a crease-resistant finish, it will tend to wrinkle less readily, and wrinkles will hang out easily.

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FOR BROADCAST WEDNESDAY, SEPTEMBER 1, 1948

Mildew--How to Treat

(2:00) The best remedy for mildew is prevention. However, if it does occur, it should be removed as soon as you discover it--before the mold growth has a chance to weaken or rot the fabric.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, reminds us that the cloth makes a difference in the treatment used. Fresh mildew stains on washable clothing or household articles should be washed at once with soap and water. Then rinse them thoroughly and dry in the sun.

If any stain remains, moisten it with lemon juice and salt and bleach in the sun. After bleaching, rinse thoroughly and dry quickly. Precaution: This treatment should be used with care on colored materials. It may bleach or remove the color.

Another safe bleach to use on washable material is sodium perborate. (It can be purchased at drug stores.) There are two methods which may be used: Make a solution of one tablespoon of perborate to one pint of lukewarm water, and sponge the mildew spot. Or, if you prefer, sprinkle the powder directly on the dampened stain. Let stand a minute or two and then rinse thoroughly.

Use care in treating colored materials with sodium perborate. First test the bleach on a sample or the cloth. If a sample is not available, try it on a seam or the hem (underside of hem) of a garment. Be sure that it does not change the color of the material. Testing before using is the only safe way.

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Traffic Signs--Do You Read Them?

(:15) The National Safety Council reminds us that traffic signs are our protection--if we observe them. How many do you know? How many can you name? Let's learn to know traffic signs. Let's observe them. It means safety for us and for the other fellow, too.

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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, SEPTEMBER 2, 1948

Farm and Home Calendar

(:25)

MADISON COUNTY--Soil Conservation Field Day, Saturday, September 4, 9:30 a.m., near Marine, Illinois, on Illinois Route 43. Program will include soil conservation demonstration and county contour plowing contest.

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Holiday Week End Ahead--Let's Drive Carefully

(:45) Labor Day week end just ahead means travel aplenty. Streets and highways will be jammed to more than capacity. Let's take time to drive safely.

Every person who drives a car knows there are a lot of signs along the roads and streets. Some indicate traffic regulations, others warn of conditions ahead. Particularly important are the signs warning drivers of railroad crossings.

The National Safety Council asks us to remember that all traffic signs are there to protect us. They cannot do so unless we respect them. Let's observe ALL of the traffic signs. They are signs of life--for us and for others. LET'S REMEMBER THAT ACCIDENTS DON'T JUST HAPPEN. THERE IS ALWAYS A CAUSE.

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FOR RELEASE THURSDAY, SEPTEMBER 2, 1948

Lima Bean-Tomato Casserole--Have You Tried It?

(2:00) Want a thrifty main-course dish for supper tonight? Then try Lima Bean-Tomato Casserole and send it to the table in the baking dish. You'll save dish washing time as well as food pennies.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says it is an easy dish to prepare and one you can adapt to family needs. For six servings, combine 5 to 6 cups of the cooked lima beans with 2 cups of thin cream sauce. Fresh, frozen, dried or canned lima beans may be used.

Blend 1 cup of finely grated cheese into the lima beans and cream sauce, season to taste and turn it into a baking dish. Place quartered tomatoes--cut side down--on the bean mixture. Bake in a moderate oven--350° F--20 to 30 minutes, or until the tomatoes are tender and the contents of the dish thoroughly heated.

Much interest can be added to this casserole dish through the use of different flavor combinations. A bit of minced onion or green pepper adds good flavor. Simmer the onion or green pepper in a small portion of fat before you add them to the mixture.

Another flavor suggestion is to sprinkle the top of the dish with a bit of minced ham or bacon just before you tuck it into the oven for baking. Or, if your budget will allow, arrange strips of bacon or thinly sliced ham over the top of the dish just ahead of the baking time.

Minced celery is a fine addition to the dish. Dice the celery and simmer it in a bit of butter or other fat before you add it to the mixture. Some folks like to use celery seed in place of the diced celery. Dill is another favorite. Add it sparingly unless your family is particularly fond of the dill flavor. A very small amount is generally sufficient to give zest and tang.

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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, SEPTEMBER 3, 1948

Do You Drive Carefully?--Or Do You Take Chances?

(1:00) Are you a safe driver? Are you careful not to cheat, even a little, when you drive the family car? The National Safety Council says that a lot of people who pride themselves on being good citizens do cheat a little in traffic.

They cheat because they fail to obey some of the traffic signs and signals. They assume that these are meant mostly for less skillful drivers. This false assumption, according to the council, is a very frequent cause of accidents.

Before you start your Labor Day week-end trip, why not have a talk with your conscience? Make sure you do not risk your life or someone else's by cheating--even just a little--on the traffic signs.

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Clothes--How Long Do You Wash Them?

(:30) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us not to overwash clothes. It is a waste of time, energy, soap and water, and it is not necessary.

Follow the manufacturer's directions on washing time, and count it accurately. Ordinarily soiled white or color-fast clothes require 7 to 10 minutes of washing time. Badly soiled articles require longer--12 to 15 minutes. Silks, rayons and woolens should be washed very quickly--about 3 to 5 minutes.

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FOR BROADCAST FRIDAY, SEPTEMBER 3, 1948

Moth-Proofing--Information About It

(:45) Word comes from the National Institute of Cleaning and Dyeing about moth-proofing fabrics. At present the institute is conducting research in laboratories at Silver Springs, Maryland, to determine how effective various moth-proofing agents and methods are.

Numerous moth-proofing compounds and methods are being tested. It has been found that a number are quite valuable, although none may be expected to give 100 percent protection permanently. Some are affected by dry cleaning, others by washing or wet-cleaning. Even abrasions and flexing of the fabric in the course of normal wear will slowly remove any moth-proofing agent.

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Fish-Tomato Stew--It's a Good Idea

(:45) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests Fish-Tomato Stew for luncheon or supper today. It is quick to prepare and mighty tasty.

Cook 3 cups of cubed or diced potatoes in a small amount of fat. Brown them lightly. Add seasonings--1/2 cup of chopped onion, 1/4 cup of chopped green pepper and 3 to 4 cups of fresh tomatoes. Cover and cook until the potatoes are tender.

About 5 minutes ahead of serving time add 3/4 to 1 pound of cooked fish cut into about 2-inch pieces. Season with salt and pepper, and simmer about 5 minutes to blend the flavors.

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FOR BROADCAST SATURDAY, SEPTEMBER 4, 1948

Walking or Driving--Observe Traffic Rules

(:45) Streets and highways will be crowded this Labor Day week end. Accidents are bound to increase--unless we follow traffic rules to the letter.

The National Safety Council warns that pedestrians and drivers alike have a responsibility. Signs and signals are important whether we're behind the wheel or traveling on our own two feet. The difference between the red and green light at a railroad crossing, for instance, may be the difference between death and life.

Traffic signs are the signs of life, and it's a sign of good judgment to obey them. Let's know the traffic rules and the traffic signs. Let's observe them to the letter and do our best to prevent accidents. Let's remember that accidents don't just happen: there is always a cause.

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eck Baking Temperature When You Use Honey

(:45) It is easy to substitute honey for sugar in many cipes. Honey has practically the same sweetening power as sugar, asure for measure. However, there are some other adjustments that st be made, and one is in the baking temperature.

Miss Frances Cook, foods specialist, University of Illinois llege of Agriculture, says that products sweetened with honey call a lower baking temperature than those sweetened with sugar. Modte oven temperatures--350° to 375° F.--should be used. Higher temratures will make the product too brown before it is completely ked.

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FOR BROADCAST SATURDAY, SEPTEMBER 4, 1948

Reducing Diet--Here's Help in Planning

(1:15) Miss Harriet Barto, associate professor of dietetics, University of Illinois College of Agriculture, says there is no magic in the methods by which weight is lost. There are no short cuts. However, the principles used in planning a reducing diet are simple and easy to follow.

A sane reducing diet differs from an adequate diet--for a person of so-called normal weight--only in the number of calories it supplies. It is possible to lose weight and at the same time enjoy meals that are ample enough to prevent dissatisfaction and hunger. IT IS NOT EASY TO FOLLOW A REDUCING DIET. IT REQUIRES WILL POWER, FOR WHICH THERE IS NO SUBSTITUTE.

If you need and want suggestions for planning a sane reducing diet, send for Miss Barto's circular, "SANE REDUCING DIETS AND HOW TO PLAN THEM." It lists foods to use generously and foods to use sparingly. It lists daily menus for one week and foods recommended for reducing menus, together with their approximate number of calories. For your copy of "Sane Reducing Diets and How to Plan Them," write the University of Illinois College of Agriculture, Urbana, Ill.

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Your Pressure Canner--Be Sure It Is Clean

(:45) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that pressure canners have been working overtime since early summer. They should be checked frequently to make sure they are in good working condition.

Keeping the equipment clean is important. Openings to the petcock, safety valve and pressure gauge are all danger points. Check them often and follow the manufacturers' directions for cleaning them. If the openings become clogged and remain so during canning, the dial or pressure gauge may not register the correct pressure. On the other hand, all air may not be driven out in 10 minutes, or the safety valve may fail to work when the pressure becomes too high.

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FOR BROADCAST MONDAY, SEPTEMBER 6, 1948

Parfaits Are Popular--Make at Home

(:45) Parfaits are popular soda-fountain desserts, but they can be made--and easily--at home. Why not serve Fresh Peach Parfait as the finish for your holiday luncheon or supper today?

Use tall dishes or glasses and fill them with alternate layers of fresh ripe peaches, sweetened to taste, and vanilla ice cream. Pour on some of the sweetened peach juice, and top each serving with whipped cream and chopped nuts.

If you prefer, make one large parfait instead of individual ones. A large glass bowl is an attractive dish to use. At serving time heap the dish with the layers of fruit and ice cream and pour the sweetened peach juice over them. Top with whipped cream, and garnish with peach slices and chopped nuts.

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Good Old-Fashioned Pickles--Rules to Follow

(1:00) Miss Frances Cook, food specialist, University of Illinois College of Agriculture, says good pickles are not hard to make, but there are a few rules that should be followed. The first step is the selection of the product you plan to pickle.

Use only fresh, good-quality fruits or vegetables. For best results, cucumbers and green tomatoes should be pickled within 24 hours after they are picked. Fruits--peaches, pears, crabapples--should be slightly underripe.

Whether you are using fruits or vegetables, sort them for size. The more uniform they are in size, the more uniform the finished product will be in color, texture and flavor. Select other ingredients--spices, vinegar, sugar--carefully, measure them accurately and follow directions to the letter. Remember that pickles should be sealed air-tight and stored in a cool, dark place.

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FOR BROADCAST MONDAY, SEPTEMBER 6, 1948

Carpet and Rug Repair--How to Do at Home

(1:00) Carpets and rugs take a large slice of the family budget when they have to be replaced. Scores of thrifty women are repairing and mending ones that are quite badly worn in order to make them last another season or longer.

If you have a rug or carpet that needs repair, why not send for the USDA bulletin, "Carpet and Rug Repair"? It gives explicit directions for taking care of frayed edges, worn bindings and fringes and worn selvages. It tells you how to repair bare spots by replacing tufts or pile.

The bulletin includes directions for getting the rug ready for mending and lists the tools and equipment you'll need to do the work. For your copy of USDA bulletin, "Carpet and Rug Repair," write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed without charge.

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Fly Control--Let's Keep on the Job

(1:00) The Fly Control Program in Illinois has been successful to date. Many communities throughout the state--urban and rural--have cooperated faithfully since the program was started.

H. B. Petty, entomologist, University of Illinois College of Agriculture and the State Natural History Survey, reminds us that the job is not finished. Work must continue through the early fall months if flies are to be controlled.

Rains wash off the DDT spray, and the summer heat tends to decrease its efficiency. Make it the rule to retouch or re-treat areas that are exposed to the weather. Give special attention to rubbish piles and other breeding places. Remove them promptly and, when delay occurs, treat them heavily with DDT.

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Homemaking
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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, SEPTEMBER 7, 1948

Seal and Cool Jars Promptly--Avoid Spoilage

(1:00) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that some of the spoilage of home-canned foods results from improper sealing and cooling of the food. There should be no delay--the canning process should be completed as quickly as possible and according to reliable directions.

As you take glass jars from your canner, complete the seals at once if the jars are not of the self-sealing type. If some of the liquid has boiled out in processing, seal the jar just as it is. DO NOT OPEN IT TO ADD MORE LIQUID.

Cool the jars topside up on a rack. Give each one room for air to get to all sides. DON'T COVER THE JARS. COVERING SLOWS DOWN COOLING AND THE FOOD TENDS TO COOL UNEVENLY, INVITING SPOILAGE.

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FOR BROADCAST TUESDAY, SEPTEMBER 7, 1948

Sewing Machine Troubles? Check the Needle

(2:00) If you are having difficulty with threads pulling and material puckering as you stitch, check the machine needle carefully. For top-quality stitching, the needles should be the right length, sharp and straight, and set correctly.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that sewing machine needles come in many styles. They differ in length and in shape of the shank. Each style of a given brand has its own number, and each style can be used in a number of different machines. However, it is important to select the style that is right for your machine.

As a guide, use the instruction book that came with your machine. It lists information on the various types or styles of needles suited to the machine. Follow directions carefully for setting the needle in position and in checking the position. A needle that is set too high or too low causes skipped stitches. On some machines a needle that is too long will break or bend, or cause the upper thread to break.

A needle that is dull or blunted should be replaced. It will pull threads and cause side puckers when you stitch. When the thread continues to break, check the eye of the needle. Sometimes the eye is so sharp that it cuts the thread.

Examine the needle for straightness. A bent needle may strike the edge of the pressure foot, the edge of the needle hole, the needle plate, or the edge of the shuttle. If this does not break the needle, it will blunt it.

For efficient operation on your sewing machine, follow the manufacturer's directions. Your instruction book tells you how to operate your machine and how to care for it. The directions were set up after exhaustive tests for your particular type of machine. Study them, be sure you understand them and then follow them to the letter.

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Homemaking
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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, SEPTEMBER 8, 1948

Your Electric Fan--Is It Placed Safely?

(1:00) An electric fan in the home brings a great deal of relief these sultry summer days. However, unless it is placed safely, it can cause a great deal of trouble.

The National Safety Council reminds us that whirling fan blades can be dangerous for the curious tot. They can cause trouble aplenty for an older child, or even a grown-up, who forgets that the fan is there. To avoid trouble and to prevent accidents, make sure the fan is placed safely.

Be sure it is out of the reach of young children and out of the traffic lanes of the room. Check the cord position too. A dangling cord invites inspection, and if a child can reach it he may pull the fan off its support.

Let's remember that accidents don't just happen! There is always a cause.

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FOR BROADCAST WEDNESDAY, SEPTEMBER 8,1948

Tomatoes for Salads--Keep Them Interesting

(2:00) Tomatoes are ripening fast in home gardens. Let's make the most of them for our everyday meals. They'll help us keep food budgets in line. One good way to serve fresh tomatoes is in salads. By varying the dressing, the combination of ingredients, or the method of serving, we can make them appeal to family appetites even though we include them often.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we serve Stuffed Tomato Salad occasionally. Use either the whole tomatoes or thick slices of tomato, and vary the stuffing as well as the dressing.

When you use the whole tomatoes, peel and quarter them but do not cut the quarters apart. Fill the tomato centers and serve on a crisp salad green. If you prefer to use the tomato slices, peel them and cut into slices at least one-half-inch thick. Top the slices with the stuffing and serve on the salad green. Serve with French Dressing, mayonnaise or cooked salad dressing, depending on the stuffing used.

Chicken and tuna salad are both favorite stuffings for tomatoes. Use your regular recipe for preparing the salad. Another good combination is diced cucumbers, minced celery and shredded green peppers, moistened with mayonnaise or cooked dressing. Add salt and pepper to taste and a bit of scraped onion or fresh onion juice.

Cream cheese and cottage cheese make good stuffings for tomatoes. Combine the cheese with a good portion of fresh, crisp vegetables--celery, cucumbers, peppers, radishes--and season to taste with salt and pepper. For extra flavor, add a few minced chives or just a trace of dill.

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FOR BROADCAST THURSDAY, SEPTEMBER 9, 1948

Damson Plum Preserves--They're Extraspecial

(:45) If you are so fortunate as to have damson plums in your home orchard, or can buy them in your local market, try making a few preserves. Most families count them extraspecial to serve with poultry or wild game, and they are very easy to prepare.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to use one-half cup of water and 3/4 to 1 pound of sugar for each pound of fruit. Wash the fruit, drain it thoroughly and prick each plum in several places. DO NOT ATTEMPT TO REMOVE THE SEEDS.

Dissolve the sugar in the water and heat it to the boiling point. Add the plums and simmer gently until the fruit is clear and tender and the syrup sheets from a spoon. Pour into sterilized jars and seal promptly. When cold, store in a cool, dark place.

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FOR BROADCAST THURSDAY, SEPTEMBER 9, 1948

Cookies--They Belong in School Lunches

(2:15) Good homemade cookies belong in school lunch boxes. Children like them, they are a good finish for their noon meal, and they can be very easy to prepare.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests Applesauce Drop Cookies as a good starter for the school year. They are quick to mix and quick to bake. The applesauce tends to keep them moist, and there are any number of ways to vary the recipe.

In addition to the applesauce, add 1/2 cup of raisins. Or, if you prefer, use chopped dates, figs, prunes or any of the other dried fruits in place of the raisins. If you wish to increase the food value of the cookies, add 1/2 cup of ground or finely minced nuts.

Here's the recipe, and it calls for ingredients usually found in home cupboards. Vary the spices to suit family tastes. Omit some of them if you wish.

APPLESAUCE DROP COOKIES

1/2 cup fat
1 cup sugar
1 cup strained applesauce (unsweetened)
2 1/4 cups flour
1 teaspoon soda
1/2 teaspoon salt
1/4 teaspoon cloves
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup raisins (if desired)

Cream the fat and add the sugar gradually. Sift the dry ingredients together--flour, soda, salt and spices--and add alternately with the applesauce. Add raisins or other fruit or nuts as desired. Drop from a teaspoon onto a slightly greased cookie sheet. Bake 10 to 12 minutes in a hot oven (400° F.).

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FOR BROADCAST FRIDAY, SEPTEMBER 10, 1948

Dyeing Used Fabrics? Know Kind of Dye Needed

(1:00) Fabrics can be dyed at home--and very successfully--provided proper methods are used and directions are followed. The fiber will determine the method as well as the type of dye to use.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says it is important to know what kind of dye is needed. For example, acid colors will dye only wool and silk. These dyes require the addition of an acid to set the color. Directions for use of the dye should be followed carefully.

Direct cotton dyes will dye only cotton or linen fabrics. These dyes are set by the addition of salt. The directions for the amount of salt and the procedure to use are usually given on the dye package.

All-purpose dyes that will dye acetates, nylon and other fibers in the same piece of cloth are now available for home use. IF THERE IS REASON TO THINK THAT THE FABRIC TO BE DYED IS A MIXTURE, BE SURE TO BUY AN ALL-PURPOSE DYE.

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FOR BROADCAST FRIDAY, SEPTEMBER 10, 1948

Lunch-Box Sandwiches--Select Filling Carefully

(1:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that sandwiches that go into school lunch boxes should have good keeping qualities. Usually the sandwiches are preparedin the early morning. Frequently there is no cool place at school for storing lunches.

Select fillings that can take high temperatures without spoiling. A good cheese--sliced, not creamed,and mixed with mayonnaise or salad dressing--is a logical choice. A mixture of ground or chopped dried fruits moistened with a fruit juice and melted butter--not salad dressing or mayonnaise--makes a tasty filling.

When sandwiches have to wait--and at room temperature--guard against such fillings as ground meats, fish and seafoods and other salad-type mixtures. They all call for refrigeration to keep them in good condition.

For variety in the lunch box, include fresh or canned fruits, fresh crisp vegetables such as carrot strips, celery hearts and radishes. When the temperature is too high to include these, build up the interest--and the food value--with dried prunes, apricots, peaches or raisins. An orange tucked into the corner of the lunch box will keep in good condition for a few hours, whatever the temperature. It adds flavor and color, as well as the very important vitamin C.

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Vinegar For Pickles--Select It Carefully

(:20) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to select the vinegar carefully for your homemade pickles. Use a good, clear, standard vinegar--free from sediment--one with 4 to 6 percent of acetic acid.

This is stronger than the standard vinegar of 15 to 20 years ago, which had about 3 percent acetic acid. For that reason, pickles made by old-time recipes may be more sour than those your mother or grandmother made.

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FOR BROADCAST SATURDAY, SEPTEMBER 11, 1948

Home Calendar

(1:00) Central Illinois European Relief Sale Wednesday, September 15, Lester Berry Farm, 16 miles east of Decatur and 2 1/2 miles north of U.S. 36. Farmers, businessmen, homemakers are urged to contribute goods of all kinds for this sale. All proceeds from sale will be given for European relief through the Christian Rural Overseas Program. Goods may also be sold on a commission basis at the sale. Non-perishable goods may be taken to the Berry farm in advance of the sale.

BOND COUNTY Home Bureau Annual Meeting Wednesday, September 15, 1 p.m. (CST) Christian Church Auditorium, Greenville, Illinois. Mrs. R. E. Milligan, Urbana, is scheduled to speak. She will discuss the Associated Country Women of the World Conference held last fall. Mrs. Milligan attended the conference.

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Salt--for Pickles

(:15) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says pure granulated salt is best for making pickles and relishes. Medium granulated salt and flake salt--the kinds used for making butter or curing meat--are satisfactory for brining. However, 1 1/2 times as much should be used as of the pure granulated salt.

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FOR BROADCAST MONDAY, SEPTEMBER 13, 1948

Slip Covers--Select Material Carefully

(1:15) If you're in the market for slip covers, give special attention to the material. Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, reminds us that the material is of FIRST importance, whether we plan to make the slip covers or buy them ready-made.

Firmly woven materials without much sizing make the best slip covers. Heavy materials are not suitable because the seams will be so bulky that the covers will not fit smoothly. Use materials that have been pre-shrunk,or shrink washable ones before you cut them.

Whether you decide on plain or figured materials should be determined by a number of things--size of the furniture to be covered, the kind of room in which it is to be used, and by the color, pattern, and fabric of the other furnishings.

Large rooms and large pieces of furniture need materials rich in color and rather sturdy in construction and design. On the other hand, small rooms require plain or small-patterned fabrics. In rooms with plain walls and plain floor coverings--or with those that appear plain--figured materials will give interesting contrast. But if the walls and rugs have distinct patterns, the wise choice is plain materials or indistinct patterns for the slip covers.

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Safety--for School Children

(:30) It's school time again. Children are crossing streets and highways. They are getting on and off buses and street cars.The National Safety Council asks drivers of all vehicles to be EXTRA CAREFUL.

Make it a rule to observe traffic rules to the letter and when driving in school areas, slow down--even below the speed allowed. Be sure car brakes are in condition and that you can stop on instant notice. Children forget to be careful. They neglect to observe traffic regulations. They are our responsibility. LET'S MAKE TIME TO KEEP THEM SAFE.

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FOR BROADCAST MONDAY, SEPTEMBER 13, 1948

Home Calendar

(:15) McDonough County Home Bureau Annual Meeting Friday, September 17, 10 a.m., Little Theater, Western State College, Macomb, Illinois. Mrs. R. E. Milligan, Music Chairman, Illinois Home Bureau Federation, is scheduled to speak.

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Fried Green Tomatoes--Have You Tried Them?

(1:15) Fried green tomatoes make a fine main course dish for luncheon or supper, especially when topped with crisp bacon strips. Best of all, they extend the meat flavor and are quick and easy to prepare.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you cut the unpeeled tomatoes into slices about one-half inch in thickness. Dip the slices in beaten egg, seasoned with salt and pepper, and roll in flour, or in fine bread or cracker crumbs.

Fry in bacon or other fat until the tomatoes are golden brown and tender. Send to the table topped with crisp bacon. If you prefer, prepare a cream gravy to serve with the tomatoes. Add a bit of flour to the fat in the pan, brown lightly, add milk and simmer until the mixture is creamy. Season to taste with salt and a dash of paprika.

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FOR BROADCAST MONDAY, SEPTEMBER 13, 1948

Refinishing Furniture? Here's How.

(1:15) Sunny September days make many jobs easier to do. One of those jobs is refinishing furniture. With the weather just right the work can be done out of doors--on the porch or in the yard.

If you are planning to refinish furniture and want "How to Do" information, send for a copy of the University of Illinois leaflet "REFINISHING FURNITURE." Miss Dorothy Iwig, home furnishings specialist, is the author and she gives explicit directions for doing the work, from start to finish.

The leaflet includes information on removing the old finish, bleaching spots and stains, sanding, refinishing, and polishing. In addition it lists the equipment you'll need and suggests materials and finishes for the various types of wood.

For your copy of "REFINISHING FURNITURE" write the University of Illinois College of Agriculture, Urbana, Illinois.

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Rural Youth Talk Fests--Time to Prepare

(1:00) It is Talk Fest time for Illinois Rural Youth members. Nine district meetings--October 18 through October 28--have been scheduled. Work should be started at once in counties planning to participate.

Rural Youth Talk Fests are sponsored by the Illinois Agricultural Association. The purpose of the activity is to encourage as many young people as possible to get the advantage of self-expression, confidence, and leadership, which participation provides.

The Illinois Agricultural Association sets forth just one rule about eligibility. YOU MUST BE A RURAL YOUTH MEMBER. Counties are free to make any local rules they desire.

For information about the Rural Youth Talk Fests write: Ellsworth D. Lyon, Director, Young People's Activities, IAA, 43 East Ohio Street, Chicago 11, Illinois, or contact your county home or farm adviser.

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FOR BROADCAST TUESDAY, SEPTEMBER 14, 1948

Home Calendar

(1:30) HENRY COUNTY Home Bureau Annual Meeting, Tuesday, September 21, 10 a.m., Baptist Church, Cambridge, Illinois. Mr. Walter M. Greenebaum, Chicago lecturer, is the speaker for the occasion. His topic--"A Peek Into the Future."

MASON COUNTY Home Bureau Annual Meeting, Tuesday, September 21, 10 a.m. CST, Baptist Church, Easton, Illinois. Mrs. R. E. Milligan, music chairman, Illinois Home Bureau Federation, will give an illustrated talk on the Associated Country Women of the World Conference held in Holland last fall.

Handicraft and Hobby Show will include articles members have made as a result of home bureau activities.

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Potatoes--for Thrift

(:45) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to serve potatoes for thrift as well as for good eating. They give us more food energy for the money than any other vegetable on the market.

Potatoes have valuable vitamin C and little is lost if they are properly cooked. We can count on them for other vitamins, and for important minerals too.

There is also protein in potatoes--not in very large amounts. However, if we serve them with meat, fish, milk, or eggs, we add high-quality protein that improves the potato protein.

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FOR BROADCAST TUESDAY, SEPTEMBER 14, 1948

Save Time and Energy--in Ironing

(1:15) How much time do you spend each week doing the family ironing? Do you spend more than you think you should? More than you want to spend?

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says a wide, well-padded ironing board will make the job easier to do. It will save you both time and energy.

Although skirts, dresses and other garments which must be pulled over the end of an ironing board can be satisfactorily ironed on the usual 14-inch board, experiments have proved that a wider board is better for ironing shirts and flat work. Less handling of the iron and less turning of the material is necessary.

A 14-inch ironing board can be widened with a separate 20-inch panel of plywood. If you want the diagram and directions for doing the work, send for a copy of "Widen the Ironing Board--to Save Time and Energy." It is a University of Illinois publication and single copies will be mailed on request. Write to the University of Illinois College of Agriculture, Urbana, Illinois.

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Fruit Vinegars--Best for Pickles

(:30) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we use fruit vinegars for preparing pickles. In order to retain the aroma and full strength do not allow the vinegar to boil over five minutes.

It is better to bring the vinegar and spices--added according to the recipe--to the boiling point in a covered enamel pan. After heating allow it to stand from one to two hours to infuse the spices. To prevent cloudiness of the vinegar, remove the spices as soon as the desired flavor is obtained.

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FOR BROADCAST WEDNESDAY, SEPTEMBER 15, 1948

School Children--Let's Protect Them

(:45) Child safety calls for special attention this month. It's school time and scores of tots are heading for classes for the first time. They need to be reminded all over again,and regularly,of the importance of safe habits. Grown-ups--dads, mothers, and all the rest--can help by setting a good example and "keeping" safety rules themselves.

National Safety Council reminds us that outside the home motor vehicle accidents are the major causes of fatal injury to children. They are responsible for more than one-fourth of all fatal mishaps.

Let's drive carefully at all times. Let's remember that accidents don't just happen--there is always a cause.

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Biscuit Troubles? Here Is Help

(:45) If you are having biscuit troubles--if your biscuits are not quite up to standard--check the flour you are using. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says an all-purpose flour is the most satisfactory.

It is better than a cake--soft wheat--flour because the gluten is stronger and more elastic. As a result it gives the volume and flakiness we want in biscuits.

Other flours can be used, however, by varying the proportion of liquid. A cake flour, for example, requires less liquid than an all-purpose flour; a bread flour requires more. Alter the proportion so that you obtain a dough that is easy to handle. It is most important that the dough for biscuits be kept soft.

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FOR BROADCAST WEDNESDAY, SEPTEMBER 15, 1948

Soap for Laundry--Choose It Carefully

(1:15) The cost of soap for the family laundry work adds up to a considerable sum over a period of a month, or several weeks. Careful buying will help to reduce that sum.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to select the soap according to the kind of washing you have to do. Neutral soap--the kind that does not contain free alkali--is best for fine fabrics, as rayon, silk and wool. It is also best for colors that may not be fast.

All-purpose soaps may be used for almost any kind of laundry work. On the other hand, strong soaps should be used only for very soiled articles, such as heavy work clothes.

The form in which you buy soap--bars, chips, beads, powder, flakes--is purely a matter of personal preference. However, costs should be compared and compared on the basis of weight, not bulk. Read the label carefully. It should list the weight. It usually gives information,too,which will help you to use the soap efficiently.

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Soybeans--How to Hull

(:15) There is a trick to hulling green soybeans--a way to make the job easy to do. If you have soybeans maturing in your home garden, you'll want to save time in preparing them.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says to pour boiling water over the pods and let them stand 5 minutes in the hot water. Drain them and hull them by breaking the pod CROSSWISE and squeezing out the beans.

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FOR BROADCAST THURSDAY, SEPTEMBER 16, 1948

Home Calendar

(:15) PIATT COUNTY Home Bureau Annual Meeting, Tuesday, September 21, Brethren Church, Cerro Gordo, 10 a.m. to 3 p.m. Mrs. Richard Mercer, who was a prisoner of war, will discuss her experiences in Germany. The book, "The Earth Is Ours," by Marion Teal of Clinton, Illinois, will be reviewed.

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Honey Meringue--It Has Uses Aplenty

(1:15) Have you made Honey Meringue? It's easy to prepare, and it's perfect for adding a "party note" to any number of dishes.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests it as a topping for pies. It can be browned the same as a regular meringue.

It's fine as a dressing for fruit salads, if you blend it with mayonnaise or salad dressing. It's a good topping, too, for Sweet Potatoes En Casserole. It can be used as a foamy sauce for steamed and baked puddings, or to improve the texture of any number of frozen desserts.

To prepare Honey Meringue, add one egg white to 1/4 cup of honey and beat with a rotary beater until the mixture is stiff--the consistency of a good fluffy meringue. The mixture keeps indefinitely if stored uncovered in the refrigerator.

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FOR BROADCAST THURSDAY, SEPTEMBER 16, 1948

Your Child--Does He Sleep Through the Night?

(1:45) Sometimes children--especially between the ages of 2 and 4 years--wake up in the night. Frequently they leave their beds, crawl into bed with father or mother, wander around the room or play in bed. What to do about it--how to correct this habit--is the problem.

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says what to do depends first of all on how the habit got started. It depends, too, on how long it has been going on and the real cause of the difficulties.

Look first to the general routines--vigorous outdoor play, enough food and of the right kind, regular elimination, his playmates and his relations with them. Check, too, on the routines of getting him ready for bed. Examine family conversations carefully and see if there is anything which might worry him. Do your best to straighten him out in his thinking. YOU MAY HAVE TO FACE SOME NIGHTS OF BROKEN SLEEP.

Choose a time for beginning to change his night habits, when you feel well and up to par--equal to the task. When you hear him moving about go to him quietly. Do not talk or argue with him or scold him. Instead put him back in bed gently, tuck him in and stay with him for a while if it is necessary. Make everything peaceful and quiet. Repeat this same procedure until it is no longer necessary. It will take time and wisdom and patience aplenty, but gradually he will learn to sleep through the night.

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Check Picnic Fires--Keep Them Under Control

(:15) September days are fine for picnics, but here's a word of warning. The United States Forestry Service asks us to guard our picnic fires--to keep them under control. This time of year leaves, dead twigs and branches are very dry. Once fire gets under way, it is difficult to control. Don't build a large fire--it isn't necessary for cooking. And, most important of all, be sure every coal and cinder is out before you leave the spot.

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FOR BROADCAST FRIDAY, SEPTEMBER 17, 1948

Home Calendar

(:15) MACON COUNTY Home Bureau Annual Meeting, Wednesday, September 22, Grace Methodist Church, 903 N. Main Street, Decatur, Illinois. Morning program includes county and unit reports, election of officers, and talk by Miss Gertrude Kaiser, home adviser at large, on "Scope of the Home Economics Extension Program." At the afternoon session Miss Celeste Carlyle, Chicago stylist, will speak. Her topic--"Mirror, Mirror on the Wall."

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Stuffed Peppers--They're Fine Main Course Fare

(1:00) Peppers stuffed with rice and cheese make a fine main course for lunch or supper. Best of all they are easy on the pocketbook.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you select green peppers that are medium in size. Remove the tops and seeds and steam them, or parboil them in salted water for two or three minutes. Drain them thoroughly and then fill with the mixture.

To prepare the filling for five or six peppers, you'll need about 1 cup of cooked rice, 1 1/2 cups grated American cheese, 1 cup of fresh or cooked tomatoes, and 1 cup of breadcrumbs. Combine the ingredients and season to taste with salt, pepper, paprika, and a dash of worcestershire.

Place the stuffed peppers in a shallow baking dish with just enough water to prevent burning. Bake until tender--about 30 minutes--in a moderate oven (350° F.).

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FOR BROADCAST FRIDAY, SEPTEMBER 17, 1948

Back-to-School Safety--A Reminder

(1:00) Here is a back-to-school safety reminder. It comes from the National Safety Council to mothers and dads and to all others who drive cars.

Although you have tried to teach your child safe habits, you know that children do forget. That's why you hope motorists will watch for your child and give him a second chance, if he forgets and does something careless.

Please remember this: OTHER PARENTS ARE HOPING THAT YOU WILL WATCH FOR THEIR CHILDREN AND GIVE THEM ANOTHER CHANCE.

Let's keep in mind that accidents don't just happen. There is always a cause.

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How Do You Score as a Shopper?

(1:00) When you shop, do you shop for keeps? Or are you a two-way shopper--one who makes purchases, then sends many of them back to the store?

Miss Florence King, textile and clothing specialist, University of Illinois College of Agriculture, reminds us that unnecessary returns are costly--costly for both the store and the consumer. For the store they mean extra handling, extra bookkeeping, and frequently extra deliveries. Sometimes returns mean damaged merchandise which must be sold at reduced prices.

These costs help make up the store's overhead and are reflected in higher prices. So it's the consumer who pays the bill in the end. Let's plan our buying. Let's keep returns to a minimum and help keep prices in line.

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FOR BROADCAST SATURDAY, SEPTEMBER 18, 1948

Electric Cords--How to Buy

(1:15) "Read the label before you buy" is a good rule to follow when buying electric cords. Safety as well as wearability depends to a great extent on the kind of cord you buy.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says the best way to check on how well a new cord will wear is to look for the colored bracelet or ring of the Underwriters' Laboratories, Inc. This nonprofit organization makes tests for safety and strength of electric cords on request from a manufacturing company. IT DOES NOT COMPARE ONE MANUFACTURER'S PRODUCT WITH ANOTHER.

The GOLD band of the Underwriters' Laboratories on a cord shows the cord is built for an extra long life, and it can stand a great deal of beding. Next most durable cords are the ones with the RED band.

Then comes the BLUE-BANDED cords which should be used with appliances where the cord gets little bending and not hard usage. the YELLOW-BANDED cord is least durable of the four and should be used for equipment where there is very little or no bending, such as on a lamp.

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FOR BROADCAST SATURDAY, SEPTEMBER 18, 1948

Fat Salvage--It's Still Good Style

(1:00) The world is still very short on fats and oils. Used kitchen fats, reprocessed for industrial use, relieves pressure on edible fats. It makes more food fats available for hungry people all over the world.

Saving used cooking fat does take time, but it is a very simple way to dispose of it. Pour it down the sink and, eventually, you'll have to pay a plumber to clear the drain. Toss it into the garbage can and you'll have a cleaning job to do. Save it, take it to your meat dealer and he pays you for it.

Our government asks us to keep up the good work of salvaging every drop of used cooking fat we don't need. It's one conservation measure that has immediate and far reaching benefits.

Let's store every drop of used fat and sell it. Industry needs it, and it will release more food fats for hungry people in many parts of the world.

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Easy-to-Wash Slip Cover--How to Make

(:45) Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says the slip cover will be easier to launder if you finish it in separate pieces, each piece to be fitted to the chair and tucked into the crevices. Pink the edges or finish them with a narrow hem and hold the pieces in place with metal or wooden rods. However, if you prefer the slip cover in one piece, sew the pieces together and tuck the seams into the crevices.

Although slip covers can be made without patterns, a pattern makes the job easier and cheaper. It helps one to estimate more closely the amount of material needed, to center the design, and to cut the material without waste.

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FOR BROADCAST MONDAY, SEPTEMBER 20, 1948

Sweet Potatoes--They're In Market

(:45) Sweet potatoes are rolling to market, and they are prize packages when it comes to good values. They are a rich source of vitamin A, provide worth-while quantities of vitamin C and small amounts of B vitamins and minerals.

Sweet potatoes are good providers of food energy too--even better than the white or Irish potato. A medium-sized one gives about 150 calories to the white potato's 100 calories.

Sweet potatoes, as a rule, are not good keepers in the home pantry or vegetable bin. So it's best to buy them in small lots and use them promptly.

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Old Felt--How to Re-Use

(1:00) One material that can be renovated--and easily--is felt. It can be stretched, shrunk, or molded with steam and a hot iron. It can be cut and sewed as easily as cloth--by hand or by machine. There's no raveling, so there are no seams to finish.

If you have felt that can be renovated--old hats that are out of style, handbags that are worn--why not take stock and decide how you can turn it to good account. If you want suggestions for cleaning the felt; for blocking and molding; for cutting patterns for such things as scuffs, house slippers, mittens, here's help for you. Send for the USDA publication, "Make-overs From Leather, Fur and Felt". Write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST MONDAY, SEPTEMBER 20, 1948

Hearty Sandwich For Lunch or Supper? Here's a Fine One

(1:15) Toasted Rarebit Sandwiches with Grilled Tomatoes--they can do duty as main course fare any day of the week. They're colorful and attractive, easy on the pocketbook and mighty tasty.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you use your own favorite recipe for preparing the rarebit. Make it in advance, if you wish, and store it in your refrigerator in a covered container. It will keep perfectly for several days.

Just ahead of serving time--when you are ready to make the sandwiches--toast slices of bread on one side. Spread the untoasted sides with a generous layer of the rarebit and top each slice with tomato slices. Grill under low heat until the tomatoes are thoroughly heated and the cheese very lightly browned. Garnish with pickle slices and send to the table piping hot.

A popular variation--when the food budget is ample--is to serve crisp bacon strips along with the sandwiches. Fry or grill the bacon until almost done, then place one or two slices on top of the sandwich and complete the cooking. The bit of bacon fat adds good flavor to the whole sandwich.

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Measure The Load--For Your Washing Machine

(:15) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that a washing machine is designed to wash a definite load. For efficient operation, it is a good plan to measure the load rather accurately.

Weigh the clothes or put in only the number the directions advise. Too many will not wash clean in any type of machine. In an electric machine, too many--a load that is too heavy--may strain the motor or cause the fuse to blow.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, SEPTEMBER 21, 1948

Containers for Brining--Selection Important

(:45) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, has a word of warning about containers for brining. Stone jars or crocks are preferred.

They are easily cleaned, and there is no danger of off flavors being absorbed, as is often the case with wooden containers. However, wooden kegs and barrels can be used, but they call for special treatment. Unless they are new--have not been used--they should be thoroughly cleaned and scalded to remove undesirable flavors. If possible it is a good plan to char or paraffin them.

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Your Refrigerator--Control the Cold

(1:00) "Cold enough" is the aim in refrigerators,but don't overdo it. Now that cooler weather is on the way it is a good plan to check the temperature and reset the control.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says,that except for the freezing compartment, you won't need any place in the refrigerator colder than 40°F. On the other hand, no spot should be higher than 50° F.

If you are not sure about the temperature--if there is question about it--check it with a reliable thermometer. For an accurate check, plan to take the reading about one hour after you close the refrigerator.

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FOR BROADCAST TUESDAY, SEPTEMBER 21, 1948

Dividing the Dollars--Here's a Tool to Help

(2:00) Dividing the family's dollars for living and saving sounds like an easy process. On the other hand, it is more than just a simple arithmetic problem. Skill is needed to put the right number of dollars into one stack for food buying, another for housing, and so on through the whole list of needs.

Mrs. Ruth Crawford Freeman, home accounts specialist, University of Illinois College of Agriculture, says you've made your greatest stride towards better money management when you start planning--planning how many dollars would go into each stack. Don't be discouraged, but don't go at the job blindly.

In order to do an efficient job of dividing the family's dollars, you need to know the wants and goals of the family. In analyzing your problem, keep in mind that the wants of the family, both for this year and the years to come, are the most important controls of the dollars.

Each member of the family--husband, wife, and children of grade school age and older--should list their immediate wants and their long time desires. Once this has been done, it is relatively easy to combine these individual lists into one total list for the family.

If you need help in keeping your records in line, send for a copy of the University of Illinois publication "Our Family's Money Management Plan." It has space for listing fixed and flexible expenditures in detail, and will help you in setting up and carrying out your money management plan. Single copies will be sent free on request. Write to the University of Illinois College of Agriculture, Urbana, Illinois. The name of the publication is "Our Family's Money Management Plan."

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, SEPTEMBER 22, 1948

Home Calendar

(:15) MENARD COUNTY--Menard County-Wide Meeting, Wednesday, September 29, 8 p.m. Farm Bureau Auditorium, Petersburg, Illinois. Highlight of the program will be the Fall Style Show which will be presented through the courtesy of Myers Brothers, Springfield. Twenty local models will participate.

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Your Machine--After-Washing Care

(1:00) To get the best service from your washing machine and make it last, take care of it. Treat it right between washings as well as during the time it is in operation.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says when you're ready to store it, leave the drain open to air and dry. All parts except the washing mechanism can go back in place--ready for the next wash. Lay the washing mechanism in the tub, and leave the lid of the tub slightly ajar.

After the machine is dry, cover it. You can buy or make, very easily, a dustproof cover that slips over the entire machine. At least have a cover for the wringer to protect the rubber. If your machine is to be stored on the open porch or in some other exposed place, select a cover of waterproof cloth.

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FOR BROADCAST WEDNESDAY, SEPTEMBER 22,1948

Waffle Iron Troubles? Here's Help

(1:00) Crisp golden-brown waffles are just the thing for fall breakfasts. They are easy to make and quick to bake, except when something goes wrong and the batter sticks.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that the problem is usually easy to solve. More than likely the temperature of the iron is not right. If it is too hot or too cold, the batter may stick to it.

If your waffle iron does not have a temperature indicator, use this simple test. Place a drop of water on the iron. If the drop boils rapidly, the iron is hot enough for the batter. If the drop boils so rapidly that it goes off at once in steam, the iron is too hot.

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Vegetable Soup--Can It at Home

(1:15) Before long Jack Frost will pay a visit to your home garden, and that will mean an end to many of the summer vegetables. Why not turn some of them into vegetable soup and can it for use later?

Select the combination of vegetables that your family favors--depending, of course, on the products you have at present in your home garden. Wash the vegetables as for cooking, cut them in small uniform pieces, and cover with boiling water. Season to taste--salt, pepper, herbs--and heat to the boiling point.

Fill containers and process in your pressure canner, at 10 pounds' pressure. Allow 70 minutes for quart jars and 60 minutes for pint jars. Process No. 3 cans 65 minutes and No. 2 cans 55 minutes. It's a good plan to list on the label the kinds of vegetables in the mixture.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, SEPTEMBER 23, 1948

Electricity for Cooking--Don't Waste It

(1:15) Your electric range is a valuable piece of equipment. It can be economical or wasteful, depending on how it is operated. Now, when heavy demands are made on the resources of every family, good management is especially important.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests a number of points that will save "electric" pennies. Keep in mind that "low" heat on most ranges will keep food boiling. The logical method is to turn the switch to "high" to bring the food to the boiling point quickly, then switch to "low" to finish the cooking. When possible, turn off the electricity and finish the cooking on stored heat.

"Electric" pennies can be saved by careful selection of cooking utensils. For example, use kettles and pans with flat bottoms and close fitting lids. Ones that cover the hot part of the unit make for efficient cooking. A small pan on a large unit wastes electricity.

Use only enough water to do the cooking job--not more. This speeds up the cooking and cuts fuel costs. It also reduces the loss of those minerals and vitamins that dissolve easily in water.

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FOR BROADCAST THURSDAY, SEPTEMBER 23, 1948

Refinishing Furniture? Remove All Stains First

(1:00) If you are planning to refinish furniture be sure to take out all dark surface stains and discolorations first. They cannot be removed after the new finish has been put on. Usually a good bleach will do the trick.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, suggests a bleach that is inexpensive and easy to prepare--one teaspoon of oxalic crystals dissolved in one pint of water. KEEP IN MIND THAT OXALIC ACID IS POISONOUS AND SHOULD BE TREATED AS SUCH.

Be sure the surface to be bleached is clean. Then, with a soft cloth rub the bleach solution lightly on the stain, following the grain of the wood. Let it stand for a short time and then rub it off. If the stain remains, apply the solution again lightly--even a third time if it is necessary to bleach the stain.

After the last application--when the stain has been entirely removed--rinse the surface with dilute household ammonia. If a fuzz or roughness appears on the wood, remove it by sanding.

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resh Tomatoes--Combine Them With Other Vegetables

(:45) Tomatoes are first rate combined with other vegeables. Try them with eggplant or summer squash and bake them en asserole. Topped with golden brown crumbs they make an attractive ish, as well as a fine tasting one.

Use about equal portions of the diced fresh tomatoes and e sliced eggplant or squash. Layer them into the casserole along ith a bit of minced onion and green pepper. If you wish, add a ortion of diced celery for extra flavor. Season to taste with alt and just a trace of bay leaf or dill and top with buttered rumbs. Bake in a moderate oven--350° F.--until tender, about 30-40 inutes depending on the size of the casserole.

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FOR BROADCAST FRIDAY, SEPTEMBER 24, 1948

Home Calendar

(1:00) MARSHALL-PUTNAM COUNTY Home Bureau Annual Meeting Wednesday, September 29, 1948, 10 a.m. at the Methodist Church, Henry, Illinois. Mrs. Kathryn VanAken Burns, state leader of home economics extension,will speak at the morning session. Speaker for the afternoon session is Julia Bock Harwood Miller. Her topic for discussion "People Around the World."

CHRISTIAN COUNTY Annual Home Bureau meeting Thursday, September 30, 1948, 10 a.m. at the Owaneco High School, Owaneco, Illinois. Miss Myra Robinson, president of the Illinois Home Bureau Federation, is the speaker.

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Green Soybeans--How to Cook

(1:00) Green soybeans call for careful cooking. If you have them in your home garden this season--and for the first time--more than likely you'll need suggestions.

Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture, says to keep in mind that green soybeans do not soften like green peas. Instead they have a nutty texture. They should not be overcooked.

To cook green soybeans allow one cup of water to each pint of hulled beans. Add 3/4 teaspoon of salt, cover, and cook for 10 minutes. Count the time after the beans begin to boil.

Drain at the end of the cooking period, and season with butter or in any other manner desired. They can be used in any of the ways that green peas or green lima beans are used.

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FOR BROADCAST FRIDAY, SEPTEMBER 24, 1948

Eggs--Use Them for Lunch and Supper

(2:00) Eggs are good fare for any meal of the day, provided they are prepared to suit the occasion. Baked French Toast is a fine choice for lunch or supper, and can be as festive as you wish to make it.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, sends along this recipe which makes six quite generous servings. As with all egg dishes, keep the baking temperature moderate and check the baking time carefully. DO NOT OVERCOOK.

Baked French Toast

6 slices buttered toast (left-over toast can be used)
4 eggs
2 cups milk
Salt and pepper to taste
Grilled bacon slices
Currant jelly or strawberry preserves

Arrange toast on buttered heat-proof platter or in shallow baking dish. Beat eggs, add the milk and seasoning and beat thoroughly. Pour the egg mixture over the toast and bake in a moderate oven--350° F.--until the egg is set like a custard. The baking time will vary depending on the size of the dish used. If the mixture is about 1 inch in depth, approximately 25 to 30 minutes should be sufficient. Remove from the oven, top each slice of toast with crisp bacon strips and garnish with jelly or preserves. Send to the table in the dish used for baking.

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Fabric Selection--Wearing Quality Important

(:15) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says wearing quality depends to a great extent on how the fabric is made and finished. With all fabrics, a firm, close weave wears best. Firm weaves keep their shape better, wear longer and have less tendency to pull at the seams than loose weaves.

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FOR BROADCAST SATURDAY, SEPTEMBER 25, 1948

Home Calendar

(1:00) WARREN COUNTY Home Bureau Annual Meeting, Tuesday, September 28, 1948, Monmouth High School, Monmouth, Illinois. The morning session will be devoted to business of the organization. Mrs. Rieha Oud, visitor from Holland, will speak at the afternoon session. Mrs. Oud is a member of the Associated Country Women of the World and of the Dutch Country Women's Association.

STEPHENSON COUNTY Home Bureau Annual Meeting, Wednesday, September 29, 1948, Embrey Church, Freeport, Illinois. Mrs. Kathryn VanAken Burns, state leader of home economics extension, will bring greetings from the University. Mrs. Rieha Oud, of Holland, is scheduled to speak at the afternoon session.

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Homemade Preserves--Select Fruit Carefully

(:45) Fall fruits are favorites for preserving. Peaches, pears, plums, and quinces are in market and most of them are of good quality. It is important, however, to select them carefully. They should not be overripe for making top quality preserves.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, recommends firm—ripe fruit rather than soft—ripe fruit. It should be uniform in size or cut in uniform pieces so as to cook evenly. For best results, weigh the fruit instead of measuring it. The weight of a quart of fruit, for example, varies considerably with the kind, the way it is packed, and also with the shape and size of the pieces.

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FOR BROADCAST SATURDAY, SEPTEMBER 25, 1948

Rayon--Temperature for Ironing

(:45) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that rayon is a whole family of fabrics. Therefore, we need to check ironing temperature carefully and suit it to the fabric we're ironing.

The cool, smooth rayons, for example, such as sharkskin and jersey do require a relatively cool iron and, consequently, they take longer to iron. On the other hand, many of the spun rayons can be ironed with a moderately hot iron, quickly and easily.

It is a good plan--and the safest one--to start your ironing on a hidden seam. You can use this as a test, and without damaging the garment. If the iron sticks, the temperature is too high. It's safe when the iron moves smoothly.

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Cookies--for Storing

(1:00) Making cookies today? Why not double--or triple--the recipe and have some "extras" to tuck away for emergency meals? There is no end to the kinds of cookies that can be made, and some kinds are even better after storing for several days.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends cookies that have a large proportion of fruit for storing. They have excellent keeping qualities and can be stored for a period of weeks if you wish. Sugar cookies and oatmeal drop cookies can be stored for a few days. On the other hand, chocolate drop cookies dry out in a very short time and should be used soon after they are made.

Cool the cookies thoroughly before you store them. This will keep them well shaped and prevent their sticking together. To keep soft cookies moist, and crisp cookies dry, store each type separately in a covered jar.

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FOR BROADCAST MONDAY, SEPTEMBER 27, 1948

Home Calendar

(1:00) MERCER COUNTY Home Bureau Annual Meeting, Thursday, September 30, 10:30 a.m.,Presbyterian Church, Aledo, Illinois.

HENDERSON COUNTY Hobby and Antique Show, Thursday, September 30, 1948, 2 p.m., High School Gymnasium, Biggsville, Illinois. Prizes will be awarded for hobbies, antiques, and handicraft work.

IROQUOIS COUNTY Home Bureau Annual Meeting, Friday, October 1, 1948. Mrs. Rieha Oud, visitor from Holland, will speak on "Life in Holland."

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Burning Leaves? Guard Them Carefully

(:30) There is something about the smell of burning wood and leaves this time of year that gets into one's blood. Its an activity that we all seem to enjoy doing, but let's remember there is an element of danger to these fall fires.

The National Safety Council says many serious blazes are caused each autumn by leaf and rubbish fires that are allowed to get out of control--fires that children are allowed to play with--fires that are left smoldering. So do your raking and burning--have fun--but have care.

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FOR BROADCAST MONDAY, SEPTEMBER 27, 1948

Cane--for Weaving

(1:00) Cane for weaving is returning to local markets after several years absence. If you have chairs to repair now is a good time to write the job into your schedule. Even chairs that have never been caned can be repaired, and they are not difficult to prepare for caning.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says when you order the cane, it is a good idea to send a sample from the old seat. The size to buy depends on the size of the holes in which the cane is to be inserted and the space between these holes. Fine and medium are the sizes most commonly used, but a sample will remove all danger of error.

If you have binding to do you'll need a coarser cane than the one you use for the weaving. Cane for binding is usually sold in hanks of 500 feet. Unless there is waste in cutting, one strand is enough for the average chair seat.

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Looking for a Main Course Dish? Try Cheese Salad

(:45) Cheese is a first rate alternate for meat from the point of food value. It is quick to prepare and most markets afford plenty of choice in variety.

If you are looking for a main course dish for luncheon or supper, why not serve Vegetable-Cheese Salad? Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests this combination--peas, diced American cheese, chopped celery, and minced red pepper or a bit of pimento.

Marinate the peas and celery in a well-seasoned French dressing for about one-half hour ahead of serving time. Drain, combine with the other ingredients, and serve with cooked salad dressing.

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FOR BROADCAST TUESDAY, SEPTEMBER 28, 1948

Home Calendar

(:45) KENDALL COUNTY Home Bureau Annual Meeting--Tuesday, October 5, 1948, 10 a.m., Oswego Presbyterian Church. Reverend Dale Robb of Hersman will report on his trip to Oslo, Norway.

WILL COUNTY Home Bureau Annual Meeting--Tuesday, October 5, 1948, Woodruff Hotel, Joliet, Illinois. Mrs. R. E. Milligan, music chairman for the Illinois Home Bureau Federation, will discuss the ACWW--Associated Country Women of the World--Conference which was held in Amsterdam.

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Heads Up! Watch Where You Walk!

(:30) Walking becomes more dangerous as the fall season advances. Visibility is decreased as the hours of dusk and darkness lengthen. In many areas traffic is heavier at these hours.

National Safety Council records show that the in-between hours of twilight and dusk are especially dangerous for pedestrians. In the hour between 6 and 7 p.m., four times as many pedestrians are killed during the fall and winter months as in that hour during the rest of the year.

So, as days get shorter, take extra care if you're on the street or highway at the time of day when the light is tricky and the traffic heavier than usual. BE CAREFUL! WATCH WHERE YOU WALK! DON'T BE STRUCK DOWN!

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FOR BROADCAST TUESDAY, SEPTEMBER 28, 1948

Serving Waffles or Griddle Cakes? Here's a Good Topping

(1:45) Have you served Swiss Honey with waffles or griddle cakes? It's a "choice" topping, or spread, and can be a "butter-stretcher" if you wish. Best of all, it can be prepared well in advance and tucked away in the refrigerator until serving time.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you use the proportions of 1/3 cup of butter or margarine--depending on family tastes and pocket-book--to 2/3 cup of strained honey. Cream the butter, or margarine, until it is about the consistency of mayonnaise. Gradually add the honey, beating the mixture thoroughly. Whip 1/3 cup of cream and blend it with the honey mixture.

Serve as a topping for waffles or griddle cakes. It is not necessary to serve additional butter unless you wish. When the topping has been stored in the refrigerator, bring it to room temperature before serving. If necessary, set the container in warm water for a few minutes. Keep the temperature below the boiling point, and cream or mix again before serving.

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Fire Prevention Week--Scheduled for October 3-9

(:15) How safe is your home? No one needs to be reminded today that homes are expensive and hard to find. Yet, according to the National Fire Protection Association, 300,000 homes are destroyed every year by needless fires.

October 3-9 is National Fire Prevention Week. Let's make the most of it. Let's check our homes from basement to attic. Heating equipment is a good starting point.

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FOR BROADCAST WEDNESDAY, SEPTEMBER 29, 1948

Your Child--Is"Going to Bed" Difficult?

(1:45) Does your young child "resist" bedtime? Does he delay as long as possible--find many things to do and many wants to be satisfied? Why not check bedtime routines rather carefully?

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says that bedtime routines are very important. They must initiate the "unwinding" process. They must suggest rest and relaxation.

It is a good plan to lead up to sleep and relaxation gradually. Be sure activities are quieter as you approach a meal and then rest. There should be no rough house with Daddy, or exciting play with lots of toys or with older children. This is NOT the time for this kind of activity and contacts.

Your child can develop good sleep habits but you--other adults too--must help him. Remember that he needs to "unwind." Don't hurry him. Have everything ready. Carry through the sequences, and be patient with his preparations for bed.

Be calm and relaxed yourself. Enjoy putting him to bed, and let him know it. Leave him feeling comfortable and loved by all his family. Let him understand that there will be another day ahead--and that it will be worth waking up for.

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FOR BROADCAST WEDNESDAY, SEPTEMBER 29, 1948

Food Waste in Home Kitchens--Let's Check It

(1:15) Does your family belong to the Clean Plate Club, or is food wasted at your table? Records indicate that a large share of food waste occurs at the table. What can be done about it?

Miss Elizabeth Olsen, foods and nutrition research specialist,University of Illinois College of Agriculture, reminds us that it is important to check the size of servings. Often more food is served than can be eaten. As a result, it is left on the plate and is wasted.

Even what appear to be very small wastes in the home add up to enormous amounts when they are considered in terms of the nation as a whole. For example, bread is one food where waste runs high. We Americans are said to eat an average of about two pounds of bread per person each week. The waste of only one slice of bread a week by each of the 34 million families would add up to two million loaves weekly.

Let's check food waste carefully, and let's do the checking from the time we buy the food until we eat it. Those tiny bits of food--a tablespoon of vegetable or half a slice of bread--do count, and mightily, when considered in terms of the more than 34 million homes.

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Green Tomatoes--Ways to Use Them

(:45) Green tomatoes caught by the first light frost can be turned to good account. "Mature greens"--those about to turn color and often with a white spot around the blossom end--will ripen at cool room temperatures in either sunlight or shade. The "immature greens" won't ripen, and it is best to use them soon after picking.

If you want recipes for using green tomatoes, send for the USDA leaflet, "Tomatoes on Your Table." Green tomato stew, green tomato marmalade, green tomato mincemeat pie, cake and cookies are a few of the recipes listed. For your copy of "Tomatoes on Your Table," write the University of Illinois College of Agriculture.

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FOR BROADCAST THURSDAY, SEPTEMBER 30, 1948

Home Calendar

(1:30) KNOX COUNTY Home Bureau Annual Membership Tea, Friday, October 1, 1948, 2:30 to 5:00 p.m., Galesburg Branch, University of Illinois, Galesburg, Illinois. Meeting is a "finish-up" of the concentrated membership drive which began September 16. All new members--since September 1947--will be honored at the tea.

BOONE COUNTY Rural Youth Get-Acquainted Party, Wednesday, October 6, 8:00 p.m., Poplar Grove Service Center (Route 173). The meeting is being held to discuss organization or Rural Youth group. Miss Clareta Walker, rural youth specialist, University of Illinois College of Agriculture, is scheduled to speak.

MACON COUNTY Rural Youth Square Dance Jamboree, Thursday, October 7, 1948, 7:30 p.m., Staley Club House, Decatur, Illinois. E. H. (Duke) Regnier, University of Illinois College of Agriculture, will assist with the party for new members and old.

OGLE COUNTY Home Bureau Annual Meeting Thursday, October 7, 1948, 10:00 a.m., Methodist Church, Rochelle, Illinois. Speakers for the occasion are Mrs. R. E. Milligan, music chairman, Illinois Home Bureau Federation, Urbana, and Reverend Dale Robb, Hersman, Illinois.

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FOR BROADCAST THURSDAY, SEPTEMBER 30, 1948

After-School Pick-Up--Here's a Fine One

(1:00) After-school time is "hungry" time for scores of young children. Many of them want and need a light snack to carry them through until the evening meal. What to do about it? Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says it is a first-rate time to build up the daily milk quota.

Instead of serving milk "as is," it is a good plan to dress it up--make it a special treat. Eggnog has long been a favorite, and it is packed with important nutrients. Keep servings average in size in order not to "dull" the appetite for the evening meal.

Eggnog is easy to make and requires only a minute or two. Beat an egg thoroughly, sweeten very lightly, add a few drops of vanilla and then add the milk. Turn into the serving glasses, and add a sprinkle of nutmeg or cinnamon or a bit of whipped cream. Vary the flavor as you wish by adding fresh or canned fruit juice, malted milk or fruit syrup.

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Fall Wardrobes--Buying Tips

(1:00) Buying is a large and an important part of everyone's job these days. Right now fall wardrobes are written across home calendars. No matter what the item to be purchased--whether it be large or small--good planning is important.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that it is important to consider "real value" in all clothing and fabric purchases. That means we must think of more than just the original purchase price. Upkeep costs and the probable length of life or servicability of the article are equally important.

In other words, a cheap fabric that wears poorly is an expensive purchase and is hard on your clothing budget--whatever its original price. A quality fabric that gives good service and always looks attractive will cost less in the long run. If a garment that is worn frequently must be dry cleaned to be kept in condition, the upkeep costs will be high.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, OCTOBER 1, 1948

Thinking About Christmas Gifts? Here's an Idea

(1:30) If you are planning to make Christmas gifts, it is time to get them started. In most homes the day-by-day schedule is so crowded that not more than half an hour or so can be given to the work at one time. As we all know, time seems to fly faster as the holiday season approaches.

Block printing is popular. It is easy to do and can be adapted to many types of gifts. For example, it can be used on all kinds of cloth and paper. It is suitable decoration for place mats, stationery, Christmas cards, scarves, handkerchiefs, aprons and many other things.

If you want "how-to-do" information on block printing, send for the University of Illinois leaflet, "Adventures in Block Printing." Miss Marion Kaeser, home furnishings specialist, is the author. The leaflet includes information on choosing the design, along with a dozen or more patterns, and tells you how to do the work. It also lists the supplies and equipment you'll need.

If you wish a copy of "Adventures in Block Printing," send your request to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

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Leftover Foods--They Lose Vitamin C

(:15) While leftover food should be saved and used, the best plan is to try to prepare just enough for one meal and have as few leftovers as possible. Several studies indicate that leftover foods held in the refrigerator continue to lose vitamin C. Stored foods that are left uncovered lose more vitamin C than those that are covered.

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FOR BROADCAST FRIDAY, OCTOBER 1, 1948

Cucumbers--Don't Let Jack Frost Get Them

(2:00) Jack Frost is on his way. Before many nights he'll be visiting home gardens. Let's take care of the cucumber crop before he arrives. If you don't have time to make all of them into pickles now, place them in brine and finish the preserving job later.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to pick the cucumbers with stems 1/8 to 1/4 inch long. Wash them thoroughly, wipe them dry to prevent diluting the brining solution, then weigh them. Place them in the brine at once.

To make the brine, add 1 pound (1 1/2 cups) of salt to 9 pints of water. Remember that you'll need about half as much brine as you have material to be fermented. For example, you'll need about 2 1/2 gallons of brine for a 5-gallon jar.

Keep the cucumbers completely covered with the brine by weighting them down. Cover them with a plate and a weight. The brine must be kept at its original strength, so it will be necessary to add salt from time to time as the water is extracted from the cucumbers. After about 24 hours, add 1 pound of salt for every 10 pounds of cucumbers. Place the salt on the plate and let it dissolve gradually.

Add 1/4 pound (3/8 cup) of salt each week for about 5 weeks, or until the cucumbers are cured. Keep them at about 86° F. and keep the surface of the brine free from scum. (Allowing scum to collect invites spoilage.) When bubbles cease to rise in the brine, seal the cucumbers in smaller jars or in the large jar by covering with cheesecloth and pouring melted paraffin about 1/2-inch thick over the top. Store them in a cool place until you are ready to make them into pickles. Remember that cucumbers cured in brine must be soaked in cold water to freshen them before they are made into pickles.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, OCTOBER 2, 1948

Home Calendar

(:45) COUNTRY WOMEN'S COUNCIL of the United States (member of Associated Country Women of the World) Tenth Annual Meeting, Tulsa, Oklahoma, October 7-8, 1948. Mrs. Spencer Ewing, Bloomington, Illinois, president of the council, and Miss Myra Robinson, Kansas, Illinois, president of the Illinois Home Bureau Federation, are planning to attend the meeting.

KNOX COUNTY Home Bureau Bazaar and Food Sale (county-wide), Packard Sales Room and O. T. Johnson's Department Store, Galesburg, Ill., Saturday, October 9, 1948, 10:30 a.m.

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Your Wardrobe--Planning Is Important

(1:00) Have you ever said, "I have a closet full of clothes, but never seem to have the right clothes?" If you have--and you're no exception--perhaps you need to check your method of wardrobe planning.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says that the first step in good planning is to take inventory--inventory of your present wardrobe.

You'll often be surprised at the different ways you can combine some of the clothes you already have. Try on each garment for fit and style, and experiment with different combinations and different accessories. Analyze your needs as you study your present wardrobe, keeping in mind the fact that a "slim" wardrobe well chosen gives much better service than an extensive wardrobe selected with little or no planning.

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FOR BROADCAST SATURDAY, OCTOBER 2, 1948

Sweet Potatoes--They Belong in Family Market Baskets

(1:00) Freshly harvested sweet potatoes are fine in flavor and high in food value. All this month they'll be at the peak of supply. Let's make the most of them in our day-by-day meal plans.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that selection is important from the standpoint of flavor. There are three general types, and at least two of them will be found in most of our markets. They are known as the moist or juicy type, the semimoist and the dry type. The moist reddish types--often called yams--are especially popular for casserole dishes and for baking in their jackets. The dry type, lighter in color, are more choice for mashing and grilling or frying in slices.

Remember that sweet potatoes are not good "keepers." They should be used within a week or so after they are bought to be at their best. They are sensitive to cold, so don't store them in the refrigerator. They may turn dark and become less appetizing if kept at a temperature as low as 40°F.

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Your Child's Clothing--Select It Carefully

(1:00) Dr. Nellie Perkins, director of the child development laboratory, University of Illinois College of Agriculture, says you can help your young child learn to dress by selecting his clothes carefully. Let's take fastenings as an example:

A child under five years of age cannot manage zippers. He cannot do up buttons unless they are big buttons--at least 3/4 inch in diameter. Even so, all the buttons must be in front at first if he is to learn to manage them. It is another and entirely different problem for the child when clothing is buttoned at the side. Managing buttons at the back is the last to come--and that much later than the fifth year.

Don't forget that learning to dress is a detailed and difficult problem for your child--even if it is not for you. It must be a step-by-step process--how to get into each garment. He must be helped to think what comes next and then how to get into it and how to fasten it into place.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, OCTOBER 4, 1948

Squash--Add Honey for Flavor

(1:30) Keep squash in mind when you prepare your marketing list. Almost every store affords good variety--acorn squash, hubbard, zucchini, patty pan--are ones you'll find. It is an easy vegetable to select according to method of preparation you wish to use and the number of servings you need.

Honey adds good flavor to baked squash. When you bake acorn squash, for example, Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests adding the honey just a few minutes before the end of the cooking period. Brush the squash with fat--butter,margarine, bacon fat--and drizzle on the honey. Return to the oven just long enough to blend the flavors, and brown the squash lightly.

If hubbard squash is your choice, cut it into pieces suitable for serving. Peel the pieces and then steam or cook in boiling salted water until barely tender. Drain and arrange in a shallow baking pan. Pour over a mixture of honey, butter or margarine and grated orange rind, to which you've added a small amount of water. For four to six servings of squash use about 3/4 cup of honey, grated rind of one orange, 1/4 cup of fat and 1/4 cup of hot water.

Bake in a moderate oven until the squash is tender and lightly browned. Or, if you prefer, cook on top of the stove. Turn the pieces over until they are lightly browned and candied.

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FOR BROADCAST MONDAY, OCTOBER 4, 1948

Routine Jobs--Are They Hard to Do? Or Easy?

(1:00) Is your housework easy to do, or do you find it difficult? Does it leave you exhausted, or ready to enjoy other activities?

Housework--those day-by-day routine jobs--calls for stooping and bending aplenty. It calls for lifting and carrying, too. There is an easy way to do all of these things--a way that saves both time and energy. If you want help, send for the University of Illinois leaflet, "Back Savers."

This publication shows you how to do some of the everyday home activities the easiest way. Little toothpick or line figures show you the best way to stand, to sit, to bend over your work. They show you how to lift heavy loads and how to carry them the easiest way.

"Back Stretchers--hints on how to do some of the common home activities the easiest way"--will be mailed on request. Write to the University of Illinois College of Agriculture, Urbana, Illinois. A copy posted in your work center will serve as a reminder many times a day. It will save you both time and energy--make those day-by-day jobs easier to do.

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Driving at Night? Be on Your Guard

(:15) Driving is riskier at night than in the daytime. Visibility is reduced. Fatigue lowers your alertness. Also there are many pedestrians who may not realize that you can't see them until it is too late.

The National Safety Council says to slow down after sundown--watch out when it's dark. DON'T DRIVE WHEN YOU ARE SLEEPY. INSTEAD, TAKE TIME OUT FOR A NAP. IT WILL SAVE TIME--AND LIVES.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, OCTOBER 5, 1948

Home Calendar

(:45) MACON COUNTY Home Bureau Open Meeting, Monday, October 11, 1948, 1:30 p.m., Boys Opportunity Home, Decatur, Illinois. Mrs. Rieha Oud, Associated Country Women of the World representative from Holland, will discuss "Family Life in Holland." The Macon County Home Bureau Chorus is scheduled to sing. PUBLIC IS INVITED TO ATTEND THE MEETING.

MADISON COUNTY Home Bureau Annual Meeting, Tuesday, October 12, 1948, 10 a.m., Eden Evangelical Church. Miss Myra Robinson, president of the Illinois Home Bureau Federation, is the speaker for the afternoon.

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That Ironing Job--Make It a Safe One

(1:00) Forgotten irons cause one-third of all the electric fires. That's the word from the National Fire Protection Association. Most of the irons that caused the trouble were "forgotten irons"--ones that were not turned off.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, cautions us to disconnect the iron--shut it off--if we plan to leave it for even a minute or two. Serious fires have resulted when the ironer was called to the door or to the telephone and remained away longer than planned.

Eleven thousand of Americans will die in fires this year--preventable fires--unless they are careful. Let's play safe. Let's make sure our family and property is fire-safe right now during Fire Prevention Week.

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FOR BROADCAST TUESDAY, OCTOBER 5, 1948

Sweet Potatoes Plus Apples--A Fine Combination

(1:15) Sweet potatoes and apples en casserole are tops in flavor. It's difficult to say whether the apples improve the sweet potatoes or vice versa. But the combination does something grand to both of them--makes them a favorite for either lunch or dinner.

No special recipe is needed to prepare this dish. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says it is a dish that's easy to adapt to any number of servings, and the flavor can be varied to suit family tastes. Prepare the sweet potatoes as usual--cook them, unpeeled, in boiling salted water until barely tender. Peel them and cut them in slices about 1/4 inch thick.

Peel and quarter the apples and place a layer in the bottom of a baking dish. Season with brown sugar and a tablespoon of butter, margarine or bacon fat. Cover with a layer of the sweet potatoes, and repeat until the baking dish is about two-thirds full, having sweet potatoes on top.

Add only enough water or maple syrup to cover the bottom of the dish. Sprinkle with a dash of nutmeg or cinnamon if you wish. Cover the dish and bake in a moderate oven (350° F.) for 15 minutes. Remove the cover and continue baking until the apples are tender and the potatoes lightly browned.

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Don't Guess--Read the Label

(:30) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says it isn't wise to GUESS about the washability of your blouses. If you want to make sure, read the label. Not all materials are washable.

An informative label lists the scientific tests the fabric has passed for washability and other service qualities. The label should also give you specific instructions for laundering. Follow the instructions to the letter. They are your protection. READ THE LABEL--DON'T GUESS.

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Homemaking
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FOR BROADCAST WEDNESDAY, OCTOBER 6, 1948

Cooking Cabbage? Here's A Good Flavor Trick

(1:15) Fresh, crisp cabbage is plentiful in home gardens and local markets. It has plenty to recommend it from the texture and flavor standpoint--provided it is properly cooked.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that short cooking plus a little wise seasoning will turn cabbage into a delectable dish--a dish that is sweet-smelling, refreshing and pleasing in flavor.

"Cabbage in Cream" is a favorite dish in many homes. Shred the cabbage--about 2 cups for 3 or 4 average servings. Shred one-half of a small onion and simmer it slowly in about 2 tablespoons of butter or bacon drippings. Add the cabbage, season with salt and pepper, cover and cook slowly for about 10 minutes, or until the cabbage is barely wilted and tender. DO NOT OVERCOOK.

Add 1/2 cup of heavy cream, stir well and let stand--covered--for 5 minutes--off the fire. Send to the table steaming hot. One caution: Do not allow the vegetable to boil or simmer after you add the cream.

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Announcement--It's Important

(:15) The National Safety Congress is scheduled for October 18-22, Sherman Hotel, Chicago. The home safety divisions are scheduled for Tuesday, October 19 and Wednesday, October 20. You are invited to attend.

Let's remember--safety is our business. Accidents don't just happen! There is always a cause! We need to be informed.

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FOR BROADCAST WEDNESDAY, OCTOBER 6, 1948

Cranberries--Use Them for Flavor and Color

(1:00) The cranberry crop this fall will be the second largest on record. Prices should be reasonable, and grocers should have large supplies on hand within a few days. Let's make good use of them.

Cranberry muffins "dress up" the simplest dinner and you can whip them up in a jiffy. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to use your recipe for plain muffins and mix as usual. Last of all--just before you turn the batter into the muffin tins--fold in 1 1/2 cups of coarsely chopped cranberries.

Mix until the dry ingredients are moist, but do not overmix. Pour the batter into well-greased muffin tins and bake in a hot oven (400° F.) for about 25 minutes. Serve the muffins hot--piping hot--tucked in the fold of a napkin and on a hot plate.

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Draperies--Should They Be Lined or Unlined?

(1:00) Should draperies be lined or unlined? This is one of the questions that calls for an answer almost every time draperies are selected. There seem to be a number of points to consider.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that lined draperies are usually more satisfactory than the unlined ones. They do cost more, but they hang better and the fabric is protected from the sun. Then, too, the appearance from the outside of the house is more pleasing.

Unlined draperies are satisfactory if the fabric is the same on both sides and if it is pleasing when the light shines through it. The way the draperies are hung should be a deciding point, too. If they do not extend out over the glass panes, the unlined ones are satisfactory.

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FOR BROADCAST THURSDAY, OCTOBER 7, 1948

Fire Prevention! Here's a Point to Check

(1:00) Have you checked the screen for your fireplace? Is it a type that will give adequate protection at all times? Is it in good condition? It is an important piece of equipment and should be checked right along with the chimney and the fireplace.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that it is important to check design and construction as well as size. To give adequate protection, a fireplace screen must be sturdy and well balanced. The mesh must be fine enough to "stop" sparks, and the equipment must be large enough to cover the front of the fireplace completely.

"Hands off" should be the rule where young children are concerned. It will help them to remember if they understand--if you take time to explain--the reasons for the rule.

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Your Weight--Does It Satisfy You?

(:15) How's your weight? Are you satisfied, or do you want to weigh more or less? If you need information on the subject, send for a copy of "WEIGHT CONTROL--HOW TO GET AND KEEP THE WEIGHT YOU WANT." It is a University of Illinois leaflet, and Miss Harriet Barto, associate professor of dietetics, is author. Single copies will be mailed on request. Write the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST THURSDAY, OCTOBER 7, 1948

Canning Meat? Use Your Pressure Canner

(1:00) For safe canning, meat must be heated through and through. It must be processed at sufficiently high temperature and held there long enough to make sure of killing bacteria that cause dangerous spoilage. The only practical way to get this high temperature is by using a pressure canner.

Do not attempt to can meat without a pressure canner--that's the warning from Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. It is not safe to can meat in a boiling-water bath, an oven, a steamer without pressure, or an open kettle. None of these will heat the meat hot enough to kill dangerous bacteria in a reasonable time. Meat that is not properly processed may spoil, or even cause serious food poisoning.

If you have meat to can and have no pressure canner, try to team with a neighbor who has one. Or go to a food-preservation center where there is steam pressure equipment. Otherwise preserve the meat some other way--by curing or freezing. Don't take chances. Use a pressure canner for processing meat--otherwise don't can it.

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Rug Repair--Equipment You'll Need

(1:00) If you have a rug or carpet to repair and you are planning to do the work yourself, check your equipment before you start. You need sturdy equipment to do a good job. Most of the necessary tools you probably have on hand, but it will save you time if you check in advance.

You'll need strong darning needles--about 2 1/2 to 3 inches long--or coarse embroidery needles, size 3 to 5. Large-eyed sewing needles may be used if they are sturdy and long enough. If you plan to replace tufts in the rug or carpet, you'll find a curved upholstery needle very convenient to use.

Selecting the thread is important. Linen carpet thread is the best choice because it is stronger than ordinary thread. As a rule it can be bought in different colors, by the spool or skein, at rug or upholstery shops or in the art or notion departments of the larger stores. If you can't get linen thread or the repair is small, use regular coarse cotton thread or heavy-duty mercerized thread.

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Homemaking
Radio News

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FOR BROADCAST FRIDAY, OCTOBER 8, 1948

Home Calendar

(:45) MACOUPIN COUNTY Home Bureau Annual Meeting Tuesday, October 12, 1948, 10 a.m., at the Christian Church, Carlinville, Illinois. Mrs. R. E. Milligan, music chairman, Illinois Home Bureau Federation, Urbana, Illinois, will discuss the conference of the Associated Country Women of the World and show colored pictures which she took while attending the conference.

MORGAN-SCOTT Home Bureau Annual Meeting Friday, October 15, 1948, 1 p.m., at the Centenary Methodist Church, Jacksonville, Illinois. Mrs. Rieha Oud, visitor from Holland, will speak on "Family Life in Holland" at 1 p.m.

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New Publication--Just Off the Press

(1:15) Just off the press and ready for distribution is the third in the series of University of Illinois bulletins on meats. "VEAL FOR THE TABLE--How to Select It and How to Use It," by Sleeter Bull, professor of meats, is one that every homemaker will find helpful.

According to Professor Bull, veal usually costs less than beef, pork, and lamb, and it has less fat. Therefore, it is more economical than those other meats. Homemakers who want to keep budgets in line may find that veal is one answer to their problem.

The publication is illustrated. It gives important information on grades of veal, and discusses retail cuts in relation to location, relative cost, and method of preparation. In addition, it indicates the approximate number of servings per pound from the various cuts.

Single copies of "VEAL FOR THE TABLE--How to Select It, How to Use It" by Sleeter Bull, professor of meats, will be mailed on request. Write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST FRIDAY, OCTOBER 8, 1948

Knitted Dresses--Their Day-by-Day Care

(2:00) Knitted dresses are in the fall and winter style picture. When wisely selected, they can be very attractive and serviceable. However, they do call for a rather special technique when it comes to care.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, cautions that knitted wool fabrics lose their shape more quickly than do woven wool fabrics. The reason--they are knitted of one continuous thread and do not have a filling thread that goes over and under warp threads, as in weaving.

Knitted fabrics cannot be brushed satisfactorily and therefore call for a different kind of care to keep garments clean and in shape. A good rule is to shake the garment gently after each wearing and reshape it as well as possible. Draw the sleeves into place and adjust the neckline and wrists and waist. Plan to air knitted clothing frequently.

Special attention should be given to hanging knitted dresses. The fabric stretches out of shape easily and can be pulled out of shape and made to sag by improper or careless hanging. The method of hanging will depend somewhat on the design of the dress.

If the dress is closely knitted and there is no excessive bulk in the skirt, hang it--with the shoulders straight--on a wide-shouldered hanger. Draw the skirt over the rod of a second hanger. Or the dress may be hung over the hanger's cross-bar with the waistline carefully placed on the rod. If the dress is too wide for the hanger, fold it lengthwise.

Knitted dresses tend to develop bulges from constant wear--at the elbows, back of the skirt, and across the skirt front over the knees. When a bulge develops, dampen the wool, put it back in shape, and dry it flat.

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Fire Hazards--Let's Remove Them

(:05) There are 720 home fires every day! A dwelling fire occurs every two minutes! Let's check for hazards and remove them! Let's keep our homes safe!

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, OCTOBER 9, 1948

Sauerkraut--The Temperature Is Right for Making It

(1:15) One answer to the problem of "what to do with cabbage in home gardens" is to make some of it into sauerkraut. For families living in crowded quarters, sauerkraut is much easier to store safely than the fresh vegetable, and it is no trick to make.

When storage space is limited, the kitchenette or glass jar method is the one to use. The cabbage can be fermented in the quart jars, then processed in the boiling-water bath, packed in sealed jars and stored in the same way as any other canned vegetable. When space is ample, most homemakers prefer to use the stone jar or crock method.

If you are planning to make kraut and need "how to do" information, send for the USDA circular, "Making Pickles and Relishes." It gives both the kitchenette and stone jar methods. It lists the equipment you'll need and tells you exactly how to prepare the cabbage, carry it through the fermentation period, and store it.

Single copies of "Making Pickles and Relishes" will be mailed on request. Write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST SATURDAY, OCTOBER 9, 1948

Planning Your Wardrobe? Here's Good Advice

(1:00) You've heard this expression, I'm sure: "The dessert can make or spoil the dinner." So it is with accessories when wardrobe planning is the job--they can give your costume a lift, or they can ruin it.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, warns not to treat accessories carelessly. It is smart and thrifty to buy good ones, and ones that are suitable to the mood of the costume.

Money can be saved by coordinating accessories so that they go together--even tie in with several costumes in the wardrobe. A disconnected item--a white elephant, so to speak--is never a good "buy." For example, don't buy a pair of bright purple gloves unless you are sure they will highlight one or--even better--several of your costumes.

Give attention to serviceability as well as style when you select accessories. Be sure the fabric will stand up in wear and look as well after it has been washed or dry-cleaned as when new.

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Loss by Fire--Here's the Daily Record

(:45) Every day--here in the United States--there are 1,690 fires. Every day there are 22 deaths by fire. Every day there are 720 home fires, 155 store fires, 88 factory fires. Every day there are 6 church fires, 6 school fires, 2 hospital fires.

The record is not a happy one--not one of which we can be proud. However, it is a true one. It comes from the National Fire Protection Association.

This week is National Fire Prevention Week--a week set aside to concentrate on removal of fire hazards. The week is almost over. Have you checked your home for hazards? How safe is your home?

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, OCTOBER 11, 1948

Stitching Plastic? Here Are Basic Rules

(1:45) When you stitch plastic, it is a good plan to use your sewing machine. Hand sewing involves too much handling, and the material tends to stretch when it becomes warm.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says the sewing machine needs to be adjusted when plastic is to be stitched. First of all, the needle should be fine--a No. 11 is a good choice. The tension should be light and the stitch long.

Ease the material under the feeder foot. Although no material should ever be held tightly, plastic calls for more ease than most fabrics. Every precaution should be taken to avoid stretching the edges.

If the material seems moist--as it is likely to be on a wet, muggy day--brush the edges to be stitched, very lightly, with talcum powder. On the other hand, if the film is stiff--and cold weather does affect it--brush a very, very light film of oil along the edges with your finger tip. Add the oil with a light hand. Just one drop on your finger tip is sufficient to reduce the stiffness of the plastic.

Some plastics can be made to feed through the machine more successfully by first running the edges through the machine with no thread. This makes a row of needlepoint holes which roughens the surface so that it will feed through when the machine is threaded.

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FOR BROADCAST MONDAY, OCTOBER 11, 1948

Fried Cucumbers--Have You Tried Them?

(1:00) Fried cucumbers, crisp and brown, are fine to serve with meat--especially if the meat is roasted or baked. They are quick and easy to prepare. And frying is another way to make good use of cucumbers in home gardens before Jack Frost nips them.

Select the cucumbers carefully--be sure they are fresh and crisp and firm. Peel them and cut lengthwise--making about four or five strips to the average-sized cucumber. Dip them in well-beaten egg, seasoned with salt, pepper and a dash of cayenne. Roll them in fine bread or cracker crumbs, and fry in deep or shallow fat--whichever you prefer--until barely tender and golden brown.

When you remove them from the fat, drain them on brown paper or other absorbent paper to take care of any extra fat. Send them to the table--along with the meat--golden brown, crisp, and piping hot.

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Weight Reduction--Extreme Methods Are Harmful

(1:00) No one would question the wisdom of preventing a large accumulation of fat, or of removing it when it is already present. However, Miss Harriet Barto, associate professor of dietetics, University of Illinois College of Agriculture, cautions that extreme methods of reducing weight are harmful.

Rapid loss of weight is usually unwise and should never be undertaken without the advice and supervision of a physician. Losing at a moderate rate--1 to 2 pounds a week--especially when reduction is advised by a doctor, and when a properly planned diet is followed, is safe.

WEIGHT REDUCTION IS ALWAYS DANGEROUS, HOWEVER, FOR THOSE NOT REALLY OVERWEIGHT. This applies particularly to women under thirty and to girls of high school age who sometimes confuse a desirable and healthy plumpness with obesity.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, OCTOBER 12, 1948

Home Calendar

(:15) MACON COUNTY Home Bureau Metalcraft Training School Monday, October 18, 1948, 10 a.m. to 3 p.m., Fairview Park, Decatur, Illinois. Mrs. Lula G. Kellar, county home adviser, will train women in metalcraft work.

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Wool Hosiery--Treat It Right

(1:30) Wool stockings are coming out of storage, along with heavier sweaters, suits and coats. Cleanliness is essential not only to keep them comfortable to wear, but to make them give good service.

Miss Helen Zwolanek, clothing specialist, University of Illinois, says wool hose should be washed immediately after wearing--if you want them to give good service. Soil and perspiration weaken the wool fiber. Care in laundering and in drying should be the rule.

Wash the stockings first wrongside out, then rightside out. Use thick lukewarm suds, and squeeze the sudsy water through the stockings. DO NOT RUB, WRING OR STRETCH THEM. If there are unusually soiled places, squeeze extra suds through them.

Rinse carefully several times in lukewarm water--until all of the soap is removed. Then press out the water and shape the foot and leg. Dry the stockings flat on a towel or hang on a rod or on forms. Dry them away from the heat.

Most markets carry a variety of forms for drying stockings. Some are made of wood, perforated for ventilation. Some are made of terrycloth-covered wire or plain rust-proof wire. However, you can make good ones at home by bending wire hangers into the right size and shape. Be sure to select wire that is rust-proof.

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FOR BROADCAST TUESDAY, OCTOBER 12, 1948

Operation Safety! Look Out When It's Dark

(:45) Darkness creates a special kind of traffic hazard. Days are growing shorter--dusk and darkness come early--almost before the end of the normal work day. Watch your step--do your best to walk safely.

The National Safety Council urges us to cross streets only at intersections, and only when we have a clear right of way. It is never safe to try to "beat" the light--or even to crowd it. Keep eyes open--and wide--for reckless drivers and for cars that may suddenly turn into the street we are crossing.

It pays to take time to walk safely. Accidents don't just happen! There is always a cause!

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Horseradish Relish--Have You Made It?

(1:00) Horseradish relish, sharp and tart with tang a-plenty, is a favorite with meats--boiled beef and baked or boiled tongue, for example. If you have horseradish roots in your garden, or can find them at market, why not prepare a small quantity this fall? It will keep perfectly tucked away on the storage shelf, and it will save you pennies, in meal planning.

The relish is easy to prepare. Miss Frances Cook, foods specialist, University of Illinois, says to grate sound horseradish roots. Measure about one-half as much vinegar as horseradish, and add one-fourth to one-half teaspoon of salt for each cup of vinegar used.

Pour the vinegar-salt mixture over the grated horseradish. Pack it at once into clean, hot, sterile jars--filling the jars to the top--and seal tightly. Store in a cool place away from the light.

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Potatoes Are Plentiful--Let's Serve Them

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that our sturdy brown-jacketed friend--the potato--has a place at our table every day--even twice a day. At present it is one of our best buys. Let's use potatoes for thrift, for good health, for good eating.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, OCTOBER 13, 1948

Check-Up--For Your Vacuum Cleaner

(1:00) A complete check-up for the family car occasionally is regarded as important to good driving and thrifty driving. How about the other motor-driven equipment you use--your vacuum cleaner, for example?

Miss Gladys Ward, home management specialist, University of Illinois, says that once a year is not too often to have your vacuum cleaner checked by a trained serviceman. A twice-a-year check may be needed, if the cleaner gets heavy use.

It is just good planning to have the bearings checked, the worn parts replaced, and needed adjustments made. Also consult your serviceman if the motor makes unusual noises, sparks excessively, or gets overheated. Have the cord and attachments checked along with the cleaner.

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Pumpkin and Squash--Can Them When Storage Is Short

(1:00) Home gardens are filled with pumpkins and squash. If you have these vegetables in your garden don't waste them. If storage space is short, can your winter's supply and have it ready to use.

Wash the pumpkin or squash, cut it into sections and peel it. Cook it in a small amount of boiling water until thoroughly heated--about 8 to 10 minutes. Pack it hot into containers, adding 1/2 teaspoon of salt per pint and cover it with boiling water.

Process the jars in your pressure canner at 15 pounds' pressure. Allow 70 minutes for pint jars or No. 2 cans. Squash and pumpkin are low-acid vegetables. Don't attempt to can them unless you use a pressure canner for the processing.

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FOR BROADCAST WEDNESDAY, OCTOBER 13, 1948

The Family Washing--Is It a Heavy Task?

(2:00) How long does it take you to do the family washing? Do you think the time can be shortened? Surely a routine job that takes several hours of your time each week--or twice each week--is worth studying.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says lack of equipment isn't the only thing that makes a job difficult. Inconvenient arrangement and improper use of equipment at hand, worry, disorder, noise, poor ventilation, uncomfortable clothing--all make for fatigue, both mental and physical.

If the family washing is a heavy task--if it leaves you fatigued--why not organize a private campaign to do something about it? The first step is to sit down and analyze the problem--take time to think out the solutions.

Here are a few suggestions to use in your checking:

First--appearance--what can I do to brighten up the place where the laundry is done?

Perhaps a coat of light paint, another window, or a stronger light would improve the surroundings and help to speed the job.

How about ventilation--and what can be done to improve it?

Method and order of work is another place to do some checking. Perhaps you can go about the laundry work in more orderly fashion. Is the rest of the house in order before you start? If not, should it be?

How often are you interrupted? Can you do something to reduce these interruptions?

Problems of this kind have to be solved by you and in your own way. However, it is surprising how much can be done to lighten the load and speed the work by taking time out to study the job, to analyze it.

JEH:lk
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, OCTOBER 14, 1948

Home Calendar

(1:00) NATIONAL SAFETY CONGRESS October 18-22, 1948, Sherman Hotel, Chicago, Illinois. Home Safety sessions are scheduled for Tuesday and Wednesday, October 19-20. On Tuesday the topic is "The Doctor Looks at Home Safety." Members of the medical profession will discuss such problems as patterns in home accidents, motivation in health and education safety, and accident prevention.

On Wednesday the program is keyed to "The Home Safety Program in Action." Speakers will discuss organization of community resources, the architect and home safety, and home safety and family living. THE MEETINGS ARE OPEN TO THE PUBLIC. YOU ARE INVITED TO ATTEND.

KNOX COUNTY Home Bureau Annual Meeting, Friday, October 22, Galesburg Branch, University of Illinois. Meeting will be held in the Auditorium; and Dr. Carter, University of Illinois, will discuss "International Relationship From a Psychological Standpoint." Luncheon will be served in the cafeteria. One highlight of the meeting will be the awarding of a home bureau life membership.

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FOR BROADCAST THURSDAY, OCTOBER 14, 1948

Fresh, Crisp Apples--Add Them to Muffins

(1:00) Apples, crisp and fresh and rosy-cheeked, are coming to market. The crop is good this season, and there are dozens of ways we can use them to add interest to meals and to make other foods more tempting.

Miss Frances Cook, foods specialist, University of Illinois, suggests that apples add good flavor to muffins. No special recipe is needed. Use your favorite one for plain muffins and fold 1 cup of finely chopped apples into the batter just before you turn it into the muffin tins.

To give extra flavor, place a thin slice of apple on each muffin, and brush the top with butter. Sprinkle generously with sugar and cinnamon. Serve piping hot at meal time or for "company" occasions. Apple muffins--baked in small tins--deserve a place at the afternoon tea table.

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Cleaning Walls? Why Not Make Your Own Cleaner?

(1:00) October is housecleaning time the country over. Women are setting their homes in order--making them spick and span for the winter months.

Cleaning walls is one of the "not-so-pleasant" jobs that is usually on the "to-do" list. The ease with which it can be done depends to a great extent on the efficiency of the cleansing agent. Very efficient ones can be made at home.

If you want the formula for making cleaners for wallpaper and for walls finished with paint or varnish, send for a copy of the University of Illinois publication, "Household Care and Cleaning." Single copies will be mailed on request. Write to the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, OCTOBER 15, 1948

Mashed Potatoes--Try This Flavor Trick

(:45) Mashed potatoes--whipped until feather-light--are made "extraspecial" by the addition of finely minced chives and parsley. Why not try it?

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to dress the potatoes as usual--with salt, pepper, butter, and milk or cream. Then add 1 heaping teaspoon each--for four servings--of minced chives and parsley. Let stand three or four minutes to blend the flavors, give them a final "whip" and serve at once. Sprinkle a bit of the parsley over the top for good measure and extra color.

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Read the Label for Information

(:30) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, warns not to guess about the washability of blouses. If you want to make sure a blouse or blouse fabric is washable, look for an informative label.

Such a label tells you about the scientific tests the fabric has passed for washability and for other service qualities. The label should also give specific instructions for laundering.

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FOR BROADCAST FRIDAY, OCTOBER 15, 1948

Mulled Cider--It's Tops for Chill Evenings

(1:15) Hot mulled cider plus good conversation 'round the fireside! What could be a better order for a chill October evening! You can prepare it in a jiffy, and it is easy to serve.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests this recipe. Use these proportions and step up the quantity to make the number of servings you need.

MULLED CIDER

2 cups apple cider	2 inches stick cinnamon
2 whole cloves	1 cardamon seed
	1/4 teaspoon nutmeg

Break the cinnamon into bits and tie all of the spices in a cheesecloth bag. Add them to the cider and heat slowly to the boiling point. Simmer gently for about 5 minutes, remove the spices and serve hot. This is delicious served with good old-fashioned homemade doughnuts. The combination is a Hallowe'en tradition with many families.

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Autumn Safety--Here's a Reminder

(:45) Here is an autumn tip from the National Safety Council, which is currently fighting night traffic accidents. It's about safe walking. The council's records show--and your own sound thinking will back them up--that the confusing in-between hours of twilight and dusk are especially dangerous hours for pedestrians. So, as the days get shorter and the nights longer, take extra care if you are on the street during that time of the day when the light is tricky and the traffic heavy. As the National Safety Council puts it--watch out when it's dark out!

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, OCTOBER 16, 1948

Cranberries and Apples--Combine Them for Pie

(1:45) Fresh cranberries plus fresh apples make delicious pie--and pie that you can "style" to suit the occasion. Two-crust, open-face, lattice top--any of these types are easy to adapt to the fruit combination.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that you follow your usual method for preparing the pastry. Line a pie plate with the pastry, and add a layer of thinly sliced apples. Add a generous layer of cranberries, coarsely chopped, and finish with a layer of apples.

Sprinkle the fruit with a mixture of sugar and cinnamon, to which you've added a dash of salt. Dot with butter or margarine and top with pastry crust or bake as an open-face pie. Bake in a hot oven--400° F.--for about 45 minutes, or until the apples are tender and the crust golden brown.

Serve plain or topped with a bit of whipped cream. Cheese is delicious with the apple-cranberry combination. Serve a generous slice 'longside, or sprinkle a bit over the top just before you remove the pie from the oven. If your choice is an open-face pie, perhaps you'll want to top it with a fluffy meringue. Add the meringue just ahead of serving time, and bake it until lightly browned.

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FOR BROADCAST SATURDAY, OCTOBER 16, 1948

National Safety Congress--It's Trying to Help

(1:00) Next Monday, October 18, the National Safety Congress opens at the Sherman Hotel, Chicago. All week several thousand people will be in conference--trying to do something about your safety and mine.

The members of the conference face a staggering problem. Accidents last year killed about 100,000 people and injured more than 10 million others. And HOME ACCIDENTS--mind you--were responsible for more than ONE-THIRD of all those deaths, and about ONE-HALF of the injuries!

Such a problem cannot be solved by the safety leaders without the cooperation of all the people concerned. So the National Safety Council asks you and your family to make safe habits part of your life--at home and elsewhere--for longer living and better living. The council asks us all to remember that ACCIDENTS DON'T JUST HAPPEN! THERE IS ALWAYS A CAUSE!

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ashing Wool Blankets? Select the Soap With Care

(:45) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says to select a neutral soap for washing wool blankets--or any other article made of wool. Strong caustic soap will harden the wool fiber.

Keep heavy suds on the wash water. Two or more times the usual amount may be necessary to get wool blankets clean. Soap in combination with the alkali in the water forms a curd that will remain in the blanket unless there is plenty of suds to wash it out. Use a second heavy suds if necessary to remove all the soil.

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Homemaking
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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, OCTOBER 18, 1948

Home Calendar

(:30) TAZEWELL COUNTY Home Bureau Open Meeting, Monday, October 25, 1948, 2:30 p.m., at the Junior High School, Pekin, Illinois. Miss Celeste Carlyle, Chicago stylist, is the guest speaker for the afternoon.

EDGAR COUNTY Home Bureau Play Day, Tuesday, October 26, 1948, at the "Hangar," Paris, Illinois. It will be a day of fun for homemakers, featuring music.

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Color--Use It to Help Keep Your Child Safe

(1:00) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to keep color in mind when we select outer garments for young children. Bright colors and light colors are easy to see--they attract attention, even at dusk.

At best, young children are difficult to see because of their size. They dash around corners, across streets--seem to come out of the nowhere--and drivers have little warning. A bright-colored coat or cap or snowsuit, or a light-colored one, will help drivers to "spot" a child in time to prevent an accident.

Bright colors and light colors are a traffic protection. Make the best possible use of them when you select outer garments for your child.

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Your Pressure Canner--Store It Right

(1:15) Pressure canners have been working at top speed since early spring. Before long many of them will be given a rest--they'll be going into storage for the winter. If you are planning to store your equipment, be sure to give it the attention it deserves before you tuck it away.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says cleanliness is the first rule. Clean the canner and dry it thoroughly. Be sure that all food particles and salt deposits are removed, for they will damage the equipment. They will pit aluminum, may impair the glaze on porcelain enamel, and may cause tinned steel to rust.

Smear the threads of screw locks with a thin film of vaseline or any salt-free oil to prevent rust. Crumple newspapers or other absorbent paper inside the kettle to absorb moisture and odors.

Wrap the cover in paper to keep dust out of gage and valve openings and to protect the edges of the cover. Invert the cover on the canner. NEVER STORE THE CANNER WITH THE COVER ON RIGHT SIDE UP.

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Drapery Materials--Select Them Carefully

(1:00) Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says there are a number of points to consider in selecting material for draperies--if the window treatment is to harmonize with the other furnishings in the room. Color, texture and pattern are important.

If there is considerable pattern in the walls and furnishings, it is best to choose fabrics with no pattern or those that appear plain. If the walls and furnishings are plain, then patterened draperies may be used to add interest to the room.

On the other hand, quality of material is just as important as color and pattern and should be determined before the purchase is made. It is important to know whether the material can be laundered successfully or must be dry-cleaned. It is also important to know whether allowance must be made for shrinkage. And color-fastness, both to sun and to laundering, is another point to be considered.

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FOR BROADCAST TUESDAY, OCTOBER 19, 1948

Home Calendar

(1:30) ST. CLAIR COUNTY Farmers' Institute and Fall Festival Thursday and Friday, October 21-22, 1948, Moose Hall, Mascoutah, Illinois. Professor L. F. Stice, Agricultural Economics Department, University of Illinois, will speak Thursday evening. Dr. C. Don Van Houweling, veterinarian, Illinois Agricultural Association, is the speaker for Friday evening.

DEKALB COUNTY Home Bureau Antique and Hobby Show Friday, October 22, 1 p.m. to 10 p.m., Masonic Temple, DeKalb, Illinois. There will be a general exhibit as well as booth exhibits by home bureau units. During the afternoon Myrtle Kyler and Anita Schoonmaker will give a demonstration on "The New Look in Flower Arrangement." At the evening session Mr. Frank Greenaway will discuss his famous shawl collection.

LEE COUNTY Home Bureau Handicraft and Hobby Display Show Saturday, October 23, 1948, 10 a.m. to 3 p.m., Farm Bureau Building, Amboy, Illinois. Each home bureau unit will have a display of handicraft work and hobbies to help with gift ideas.

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FOR BROADCAST TUESDAY, OCTOBER 19, 1948

Careful Storage--It Saves Food and Food Pennies

(1:15) Insect damage is a serious hazard in storage of staple foods. Day by day, in homes the country over, there is loss of precious food and precious food pennies--due largely to carelessness in storage.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that staple foods--flour, cereals, dried fruits and vegetables--call for careful storage and prompt storage. Unless the package in which the food is marketed gives adequate protection, it should be transferred to a "safe" container as soon as you have it in your home kitchen.

Cartons and containers that cannot be resealed perfectly present a definite hazard. Instead of storing partially filled packages, transfer the food to containers that will give adequate protection.

Select containers that are moisture-proof and insect-proof. Glass jars with screw tops or other types of closures that can be tightly sealed are excellent. Tin or enameled cans with tight-fitting lids are also a good choice. Containers of either type should be stored in a cool, dry place.

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Don't Fold Up--When You Sit

(:45) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that a good chair does not guarantee good posture--it just makes it possible.

For a good sitting-working position, sit tall. Let the back of the chair support the spine just below the shoulder blades. Keep the body erect, rest the feet easily on the floor with knees together. Make sure there is no pressure on the back of the leg from the front edge of the chair.

Sit when you can to do routine housework, but sit tall--don't fold up.

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FOR BROADCAST WEDNESDAY, OCTOBER 20, 1948

Cranberry Jelly--Make It Early

(1:30) Planning to make cranberry jelly this season? If so, you'll have a better quality product if you make your supply soon--while the berries are crisp and firm and some of them slightly under-ripe.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that a fruit must have both pectin and acid--and in the proper proportions--if it is to make quality jelly. Both pectin and acid decrease as the fruit ripens. So, for best results, use a mixture of slightly under-ripe and ripe fruit--the under-ripe to furnish pectin and acid, and the ripe to give good color and flavor.

Cranberry growers will produce a crop of about 843,000 barrels this year--the second largest crop on record. The harvesting period will reach its peak within a few days, and stocks will be plentiful in retail stores before the end of the month. There will be ample supplies of berries until after the turn of the year; but if you want good homemade jelly--jelly that is right in texture--make it soon, while some of the berries are slightly under-ripe.

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FOR BROADCAST WEDNESDAY, OCTOBER 20, 1948

Buying Glazed Chintz? Read the Label

(2:00) Fabric finishes present a bit of a puzzle these days. The problem generally has to do with their care and serviceability. Will the fabric wash or must it be dry-cleaned? Will the finish hold up under either washing or dry-cleaning? These are questions Mrs. Consumer is asking.

Textile technicians at the American Institute of Laundering have come to the fore with some facts about a few finishes, and their facts are a result of extensive research. They report that some materials are given finishes which make them truly launderable. Others are allergic to the mildest washing formula.

Take one of the more common finishes--glazed chintz. If either a wax or a starched glaze is applied to this gaily colored cotton--so popular for draperies, slipcovers and pillows--the finish will wash out in the laundering process. The finish may be removed entirely, or it may gum up and form wads or thick spots on the surface of the cloth.

The wax or starched glaze is produced by use of friction or glazing calendars. The chintz is run through a hot friction roller; and the combination of heat, pressure, and friction produces the smooth, highly polished surface.

The washable variety of glazed chintz is treated in a somewhat different manner. Chemicals--such as synthetics, resins and plastics--are baked into the chintz at high temperatures.

How are you--Mrs. Consumer--to know the chintz that is washable? The answer is easy--READ THE LABEL. Most of the ones that are washable list the fact on the label. Don't take chances! Read the label! It is for your information--for your protection.

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FOR BROADCAST THURSDAY, OCTOBER 21, 1948

Home Calendar

(1:15) HANCOCK COUNTY Home Bureau Annual Meeting, Tuesday, October 26, 1948, 1:30 p.m. at the Carthage Methodist Church, Carthage, Illinois. Miss Fannie Brooks, associate professor of home economics, emerita, University of Illinois, will speak on "Mental and Physical Health."

PULASKI-ALEXANDER COUNTY Home Bureau Annual Meeting, Tuesday, October 26, 1948, 1 p.m. at the Rural Youth--4-H Memorial Building, Villa Ridge, Illinois. The usual business meeting will be followed by an address by Miss Mabel Todd. Tea will be served following the meeting.

LASALLE COUNTY Home Bureau 30th Annual Meeting, Thursday, October 28, 1948, 10 a.m. to 3:30 p.m., at Ottawa, Illinois. Mrs. R. E. Milligan, music chairman for the Illinois Home Bureau Federation, will speak on "Holland and Her Rural People." Miss Fannie M. Brooks, associate professor of home economics, emerita, University of Illinois, will discuss "Cancer Control."

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Apple Butter--It's Good With Pancakes

(:30) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to spread thin, hot pancakes with spicy apple butter. Roll the cakes up--scroll fashion--and fasten with a toothpick. Then sprinkle with powdered sugar and serve them piping hot--with crisp bacon 'longside.

We'll wager you'll have no complaints from your family--instead, you'll have requests aplenty for a repeat performance. Hot pancakes plus spicy apple butter are mighty good--for breakfast, lunch or supper.

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FOR BROADCAST THURSDAY, OCTOBER 21, 1948

Dust Cloths and Mops--Store Them Safely

(1:00) Fall housecleaning time is at hand. You'll be dusting and polishing woodwork and floors and furniture from attic to basement. What happens to the oily dust cloths and mops? Do you have a specific place to store them? Or do you toss them carelessly into a corner in the basement or closet?

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, warns that those oily cloths and mops can cause a serious fire--unless you treat them with care. Keep them away from the heat and don't wad or roll them up; for this tends to build up high temperatures. Linseed-oil cloths are particularly dangerous.

The safest plan is to wash and air oily cloths thoroughly after using them, or destroy them. If you store them, use a metal container that can be covered tightly. STORE THE CONTAINER AWAY FROM THE HEAT.

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Stain Removal--Here's How

(1:15) "Prompt action" is the order when clothing becomes spotted or stained. Delay may cause the spot or stain to attack either the fiber or the dye.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that we can't use the same treatment for all stains. The method is determined by the kind of stain and the textile fiber. A treatment suitable for one type of fabric may injure another.

If you want information on removing stains from clothing, send for a copy of the USDA bulletin, "Stain Removal From Fabrics--Home Methods." It gives you basic information for treating all of the different fibers, as well as explicit directions for removing fifty or more of the so-called every-day stains. For your copy of "Stain Removal From Fabrics--Home Methods," write to the University of Illinois College of Agriculture, Urbana, Illinois.

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Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, OCTOBER 22, 1948

Want a Quick Dessert? You'll Like This One

(1:30) Have you served Spicy Applesauce Toast? It's quick to prepare and is tops for lunch or supper--even for a "company" occasion when folks drop in unannounced. Another point in its favor--it's easy on the pocketbook.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, sends along the directions for making this dessert. Toast thinly sliced bread on both sides. Butter one side of the toast, spread generously with applesauce and sprinkle with a mixture of cinnamon and sugar.

Arrange the slices on a baking sheet or rack and broil until the sugar is melted and the applesauce very lightly browned. Place the toast so that the surface is 4 or 5 inches from the broiling unit in order to heat it thoroughly by the time the topping is nicely browned.

If you prefer, use your oven instead of the broiler. Set the temperature control at about 375-400° F. and bake the toast for 8-10 minutes. Send to the table piping hot. A popular variation is to sprinkle the applesauce with grated cheese instead of the sugar and cinnamon. Grill or heat in the oven until the cheese is melted.

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FOR BROADCAST FRIDAY, OCTOBER 22, 1948

Do You Peel Potatoes? Why?

(1:15) Peeling potatoes before you cook them usually means a waste of good food value. Recent research by the Bureau of Human Nutrition and Home Economics shows that potatoes boiled whole in their skins retain practically all of their vitamin C and thiamine. On the other hand, potatoes peeled before boiling lose 20 to 30 percent of their vitamin C and also lose some of their thiamine.

Boiling potatoes in their jackets--when potato and jacket are sound--is a good start toward serving them in any way you wish--scalloped, mashed, creamed, or fried. Removing the skin after cooking is a quick task.

If cooked potatoes are to be held in the refrigerator, they will lose further vitamin C. However, keeping their jackets on helps to retain the precious vitamin C which is so sensitive to air, heat and water.

WHY TAKE TIME AND ENERGY TO PEEL POTATOES BEFORE YOU BOIL THEM? THE JOB REQUIRES LESS TIME AFTER THEY ARE COOKED. AND BOILING THEM IN THEIR JACKETS SAVES FOOD VALUE.

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Refinishing Furniture? Remove Old Finish First

(1:30) Furniture can be beautifully refinished at home at little cost, but the job takes time, patience and energy. The first step in doing the work is to remove the old finish.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says there are three methods that can be used in removing the old finish--a sanding machine, a scraper or a solvent. However, there are precautions to be observed, whichever method you use.

When a sanding machine is used, care must be taken to prevent it from cutting too deeply into the wood. A metal scraper, too, must be handled carefully so that the wood surface will not be scratched.

When a solvent is used, it should be applied to a small area at a time and allowed to stand only until the old finish is soft. It should not be permitted to dry. As soon as the old finish has softened, it should be removed with a putty knife or cloth. Work with the grain, being careful not to injure the wood. Two or three applications may be needed in order to remove all of the old finish.

After all of the finish has been removed, wipe the furniture with a soft cloth moistened with DENATURED alcohol or turpentine. This cleans the solvent from the surface. (Caution: Do not use rubbing alcohol.)

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FOR BROADCAST SATURDAY, OCTOBER 23, 1948

Cranberry Relish--It's Fine With Roasts

(1:00) Easy-to-make Cranberry Relish will keep perfectly for two or three weeks stored in your refrigerator. Its tart, refreshing flavor and bright color make it a favorite with roast meats or poultry.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that one pound of berries is a good quantity to prepare--especially if you are making the relish for the first time. Select firm, bright-colored berries, and wash and drain them.

Wash one medium-size orange, cut it into quarters and remove the seeds. Grind the orange--unpeeled--and the berries through the food chopper, using the fine knife. Blend in 1 cup of sugar or 1 cup of strained honey, and add about 1/4 teaspoon of salt to bring out the fruit flavors.

Store in a tightly covered jar in your refrigerator, or in another cold spot. When you plan to serve the relish with hot meats, remove it from the refrigerator about one-half hour before serving time.

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Thread--For Your Sewing Machine

(:30) Size of thread is important to good machine stitching. Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says to select the thread--cotton, silk, or nylon--to suit the material you are planning to stitch.

Remember that finer thread is used for machine sewing than for hand sewing; and the finer the material, the finer the thread should be. If you are in doubt, consult the table in your machine instruction book. It will guide you in making the correct selection of thread for the material.

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FOR BROADCAST SATURDAY, OCTOBER 23, 1948

Handmade Rugs--Here Are Directions

(1:00) Evenings 'round the fireside are good times for doing handwork--handwork that won't interfere with conversation. Designing and making rugs is an old art and an interesting one. Today many women are making it a hobby.

If you want information on making handmade rugs, send for a copy of the University of Illinois publication, "Making Handmade Rugs." Miss Dorothy Iwig, home furnishings specialist, is the author.

The circular is illustrated, and it pictures and gives directions for making eight kinds of rugs--all ones that require only simple equipment. In addition it gives you pointers on collecting and preparing the materials and on working out your design.

For your copy of "Making Handmade Rugs," write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

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Kraut Calls for Low Storage Temperature

(1:00) Kraut calls for a storage temperature of 40-60° F. after fermentation stops. Unless the temperature can be maintained, the safe plan is to process or can it.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says canning the kraut in glass jars or enamel-lined tin cans will preserve it. Afterfermentation stops, heat it to the boiling point in its own brine. Or, if you prefer, use a weak brine made of 1 ounce of salt to 1 quart of water, or 1/2 cup of salt to 1 gallon of water.

Fill the glass jars to within 1/2 inch of the top and tin containers to within 1/4 inch of the top. Seal the tins or, if you are using glass jars, partially seal them and complete the seal after you take them from the water-bath. Place the tins or jars in the boiling water-bath and process them for 15 minutes--counting the time after the water begins to boil.

Remove from the water-bath, complete the seal if you use glass jars, cool thoroughly and store as you would any other canned vegetable.

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FOR BROADCAST MONDAY, OCTOBER 25, 1948

Your Carpet Sweeper--Give It Good Care

(1:15) How often do you clean the brush of your carpet sweeper? How often do you oil the sweeper? Good care and regular care means cleaner sweeping and longer service.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says the brush needs frequent attention to keep it from matting. Cut--with scissors--the thread and hair and ravelings that catch between tufts or around the axle. Then comb the brush with a metal comb.

From time to time take the brush out of the sweeper and clean out the fine dust and dirt that collect around the brush ends. Use a dry-cleaning fluid--be sure it is nonflammable, and use it out of doors--to remove the oil and wax from the brush.

Oiling is important to good service. If you use your sweeper frequently, it should be oiled at least once a month. Follow the manufacturer's directions, and plan to do the job well in advance of the time you use the sweeper. Before using, examine the equipment to make sure there is no free oil to stain the rug or carpet.

REMEMBER--GOOD CARE MEANS CLEANER SWEEPING AND LONGER SERVICE.

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FOR BROADCAST MONDAY, OCTOBER 25, 1948

Baking Time for Waffles

(1:00) Light, crisp waffles are cold-weather favorites with almost everyone. Experienced cooks say it is just as easy to make them light and tender as heavy and soggy--if a few important principles are followed.

If you are having waffle troubles, Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to first check your recipe and then your method of measuring and mixing. Every good cookbook carries tested recipes for waffles, which are satisfactory if you do not have your own recipe.

If waffles turn out limp and soggy--and you are sure of your preparation--try baking them longer. Crispness depends largely on length of baking. The exact time needed will depend on the temperature and the structure of the waffle iron. Usually 4 to 5 minutes is best for plain waffles.

Remember that a thin batter needs to be baked longer than a stiff one. When more flour is added, the baking time is shortened, but the waffles will not be so tender.

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Are You a Safe Housekeeper?

(:30) Does your good housekeeping include a safe place for everything and everything in its place? If so, the National Safety Council says you have a right to be proud of yourself. For, of the 34,500 people killed by home accidents last year, about one-half were victims of falls. And the council tells us that plain disorder is one of the biggest causes of home accidents, especially falls. So be sure your good housekeeping is safe housekeeping, and include that old but useful rule about everything being kept in its proper place.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, OCTOBER 26, 1948

Home Calendar

(1:15) ST. CLAIR COUNTY Special Project Lesson on "Hats and Bags" Tuesday (today), October 26, 1948, 1:30 p.m. at the IOOF Hall, New Athens, Illinois. Mrs. Elmer Jungbluth, home bureau leader, and Mrs. Arthur Neff, hat designer, will present the lesson.

ST. CLAIR, MARION, AND CLINTON COUNTIES--Homemakers have scheduled "Loaf Day" for Thursday and Friday, October 28-29, 1948, at Giant City State Park, Makanda, Illinois. Program of crafts and recreation will be in charge of home advisers Mrs. Betty Burton, Miss Margaret Jones, and Miss Marjorie Jean Tabor.

STARK COUNTY Hobby and Style Show Tuesday, November 2, 1948, 1:30-5:00 p.m. and 7:00-11:00 p.m., at Wyoming High School, Wyoming, Illinois. Style show will be given by J. C. Perry Co. of Kewanee.

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Using Honey? Here's a Slick Measuring Trick

(:45) Honey is so thick that it drains slowly from a measuring cup. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says, when you prepare baked products, to measure the fat first; then measure the honey in the same cup. The coating of fat makes the honey pour more readily from the cup. A spatula will help in removing the last drops left in the measuring cup or spoon.

The flavor of honey depends on the source of the nectar and the care and treatment given the honey. The greater proportion of Illinois honey--six to ten million pounds are produced yearly--offered for sale is light in color and mild in flavor, being derived from the nectar of clovers.

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FOR BROADCAST TUESDAY, OCTOBER 26, 1948

Your Wool Rug or Carpet Requires Good Care

(1:15) If you want your rug or carpet to give good service--if you want it to last--you must give it good day-by-day care. That advice comes from Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

Miss Iwig suggests that, if possible, a rug or carpet in a room that is used constantly be cleaned daily with a vacuum cleaner. And,even though a room is not used regularly, the rug should have a thorough cleaning once a week or at least every ten days. It is good protection against moths.

It is advisable to remove spots immediately from a rug or carpet. If a liquid, such as coffee or milk, is spilled, blot up as much as possible with a clean soft cloth. A recommended soapless lather or shampoo may remove the spot. If not, try a nonflammable solvent, such as carbon-tetrachloride, but apply it only after the rug has dried.

It is important, in removing stains, to consider both the rug fiber or material and the stain. Use a cleanser for the particular stain, and be sure it is one that will not injure the fiber.

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Soap for the Family Laundry--How Much Do You Need?

(1:00) How much soap do you use each week for the family laundry? How much does it cost? Do you know how to estimate the amount needed,or is it a matter of"guessing"?

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says efficient washing requires a standing suds of 2 inches. As washing progresses, more soap must be sometimes added to maintain this much suds.

By experimenting until you find the amount of soap that will make a standing suds of 2 inches and then measuring it, you can avoid wasting soap.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, OCTOBER 27, 1948

Chicken From the Freezer--How to Cook

(1:00) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says to cook chicken from your freezer locker like any other meat--keep the temperature moderate. Don't try to speed the thawing process by cooking it at high temperature.

For example, don't boil a fricassee or stew--simmer it. When you braise chicken in your oven, keep the temperature low--keep it at approximately 275° F.

If you are roasting a bird, set the oven temperature at 350° F. and keep it there throughout the roasting period. When you fry a young chicken in shallow fat--pan-fry it--keep the heat moderate.

If the thawing must be done during the cooking period, allow extra cooking time. This will permit the meat to thaw gradually--as it cooks. As a result, both texture and flavor will be better than if high temperature is used.

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The Hunting Season Is Here! Let's Guard the Guns

(:45) Do you have a hunter or two in your family? And if so, do you help them make sure their guns are not loaded for trouble?

You know, it's a shameful fact that about half of all fatal firearms accidents occur in the home. It seems especially shameful when you realize that those tragedies could be prevented by just a little extra carefulness and thoroughness.

If there is a gun in your home, the National Safety Council asks you to help see that it is kept unloaded and kept out of children's reach. Don't let a gun that was just thought to be unloaded bring sorrow into your home. Help your hunters be sure.

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FOR BROADCAST WEDNESDAY, OCTOBER 27, 1948

Pickled Pears--It's Time to Prepare Them

(2:00) Seckel and Kieffer pears are favorites for pickling. They are small, firm in texture and excellent in flavor. They are in market now and Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, sends us recipes for pickling both varieties.

Pickled Seckel Pears

8 pounds pears
10 two-inch pieces stick cinnamon
2 tablespoons whole cloves
2 tablespoons whole allspice
4 pounds sugar
1 quart vinegar
1 pint water

Wash the pears; remove the blossom ends only. Boil the pears for 10 minutes in water to cover. Drain. Prick the skins. Put spices loosely in a clean, thin, white cloth; tie top tightly. Boil together for 5 minutes the spices, sugar, vinegar, and 1 pint water. Add the pears and boil for 10 minutes or until pears are tender. Let stand overnight. In the morning remove the spice bag. Drain sirup from the pears and bring sirup to boiling. Pack pears in clean, hot, sterile jars. Pour sirup over the pears, filling jars to top. Seal tightly.

Kieffer Pears

Wash the pears, peel, cut in halves or quarters, remove hard centers and cores. Boil pears for 10 minutes in water to cover. Use 1 pint of this liquid in place of the pint of water in recipe above. Finish in the same way as Seckel pears.

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Homemaking
Radio News

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FOR BROADCAST THURSDAY, OCTOBER 28, 1948

Home Calendar

(1:00) LEE COUNTY Home Bureau Annual Meeting Wednesday, November 10, 1948, 10 a.m. to 4 p.m., St. Paul's Lutheran Church, Dixon, Illinois. Mrs. Martha McDonald will give a demonstration on "Hat Making and Remodeling."

MENARD COUNTY Home Bureau Meeting Thursday, November 11, 1948, 2 p.m., Farm Bureau Auditorium, Petersburg, Illinois. The members are titling the meeting "From Calico to Nylon," and everyone interested is invited to attend. Miss Beth Peterson, home economist for the DuPont Company, is the speaker for the occasion, and she will have a large display of fabrics and materials.

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Water Rings on Clothing--How to Remove

(1:00) Some fabrics waterspot, especially before they are laundered or dry-cleaned. How to remove the spot or ring at home frequently presents a problem.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, suggests that if the fabric is clean the spot can sometimes be removed by rubbing the material gently between the hands. Or, frequently, rubbing the edge of a spoon or a coin gently around the edge of the ring is effective.

Another method is to hold the spot over the spout of a steaming kettle until the stained area is damp. Care should be taken, however, not to let the fabric become too damp. It is a good plan to tie cheesecloth over the spout to prevent water drops from touching the garment. When the spot is dry, press the fabric.

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FOR BROADCAST THURSDAY, OCTOBER 28, 1948

Metal Etching--A Good Idea for Christmas Gifts

(1:00) If you have homemade Christmas gifts in mind for this year, why not consider metal etching? It can be adapted to almost any metal you wish to choose--aluminum, copper, stainless steel, pewter--and it is not difficult to do. Designs may be as simple or as elaborate as you wish to make them.

If you want "how-to-do" information, send for the University of Illinois pamphlet, "Metal Etching." Miss Marion Kaeser, home furnishings specialist, is the author. She has included designs which may be used along with a complete list of equipment and supplies. In addition she gives complete information for doing the etching.

If you wish a copy of the pamphlet, "Metal Etching," write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

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Your Electric Cords--How to Use Them Efficiently

(1:00) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, warns that electric appliance cords should not be connected directly to light fixtures. Instead, they should be connected directly to outlets. Usually the fixture does not carry enough current to operate the equipment efficiently.

Miss Ward reminds us, too, that our appliance cords will give better service if we disconnect them at the wall outlet rather than at the appliance. This prevents damage to the appliance terminal, and very often to the cord itself.

When disconnecting the appliance, grasp the plug--not the cord. This prevents wires from pulling loose and increases the service of the cord. In addition it is a good safety measure to observe.

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FOR BROADCAST FRIDAY, OCTOBER 29, 1948

Buying Snow Suits? Look for Height-Weight Tag

(1:15) If you are in the market for a snow suit for your young son or daughter this season, no doubt you are wondering about the size. The height-weight tag will help you decide. Some of the suits for the 3-6 age group are carrying such tags this season.

These suits have been sized according to standards set up by the Bureau of Human Nutrition and Home Economics, Washington, D. C. More than 150,000 children throughout the United States were studied in order to set up the specifications.

Look for the height-weight tag. Its purpose is to serve as a guide to consumers. Read it carefully and make good use of the information. One of the difficulties in buying children's clothing has been lack of standardization in size labeling or marking. These height-weight tags on snow suits are a step in the right direction.

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Bread for Sandwiches--To Trim or Not to Trim

(:45) Tastes--and opinions--seem to differ on the question of removing crusts from bread that goes into sandwiches. There are those who belong to the "crust trimming" school, and others who believe the practice is wasteful.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says there are a number of points in favor of NOT removing the crusts. First of all, trimming takes extra time in making the sandwiches. Too,it is a wasteful practice, unless the crusts are to be used in other ways, and there is no place in the scheme of things today for food waste. Finally, sandwiches dry out more quickly at the edge when the crusts are removed.

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FOR BROADCAST FRIDAY, OCTOBER 29, 1948

Tree Nuts Are Plentiful--They Belong in the Family Market Basket

(1:15) If you are counting food pennies closely these days, be sure to check prices on tree nuts at your grocers. A record crop is expected this fall. According to the United States Department of Agriculture, the supply will be about 63 million pounds ahead of last year's crop.

Now is the time to go through your file and line up recipes for the holiday season. Cakes, cookies, baked and steamed puddings, quick breads and yeast breads--these are just a few of the foods which are improved by the addition of a small portion of chopped or ground nuts.

You'll have plenty of choice when it comes to variety. Crops of almonds, walnuts and filberts are well above average. Pecans are said to be heaviest in supply and will probably make up more than a third of the total crop.

Tree nuts are rich in fat or oil, and they supply good-quality protein. Use them as a part of the meal--not just as an accessory. Properly used, they can be a real "first aid" in keeping both the family menus and the food budget well-balanced.

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Night Traffic Accidents--Let's Prevent Them

(:45) More hours of darkness this time of year means more traffic danger. The National Safety Council asks that we INCREASE OUR ALERTNESS AND DECREASE OUR SPEED AFTER DAYLIGHT BEGINS TO FADE. The same precaution should be followed on foggy days when visibility is reduced.

Make it a practice to dim your lights for other drivers--even if they are not courteous enough to dim theirs--and you'll run less risk of a head-on crash. Be sure that all your lights are in good condition, and that they are on. And, of course, DON'T DRIVE WHEN YOU ARE SLEEPY. Slow down at sundown, and watch out when it is dark. TAKE TIME TO DRIVE CAREFULLY. BE EXTRACAUTIOUS WHEN VISIBILITY IS POOR--DAY OR NIGHT.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, OCTOBER 30, 1948

Home Calendar

(:45) ST. CLAIR COUNTY 4-H Club Achievement Day Friday, November 12, 1948, St. Paul Church, Belleville, Illinois. The program is sponsored by the Belleville Chamber of Commerce. Local band will present the musical numbers.

MORGAN-SCOTT COUNTIES Antique and Hobby Show Friday and Saturday, November 12-13, 1948, 1:00-9:00 p.m. The show will be held in the Centenary Methodist Church basement, Jacksonville, Illinois. Exhibits of hobbies and antiques will be arranged by home bureau members from the two counties. A style show will be presented each evening, and refreshments will be served. YOU ARE INVITED TO ATTEND.

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A Tasty Dish--For Sunday Night Supper

(1:00) If you're looking for a "quickie" for Sunday night supper, try Fresh Fruit Salad and serve it with a portion of ice cream instead of salad dressing. It is mighty tasty and a favorite with grown-ups as well as children.

Select good-quality eating apples, grapes--red or white--and either oranges or grapefruit. Add dates or figs for contrast in texture and flavor. Heap the fruit on the serving plates--omitting the lettuce if you prefer--and serve the ice cream alongside.

Complete the menu with toasted muffins and cups of steaming hot coffee or chocolate. To add extra flavor, sprinkle the muffins generously with grated cheese just before you take them from the oven.

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FOR BROADCAST SATURDAY, OCTOBER 30, 1948

Wild Duck--How to Cook

(2:15) Open season on wild ducks means that they will be listed frequently on home menus this month--provided hunters are good marksmen. Wild ducks are "choice," provided they are cooked just right and served with suitable accompaniments.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says there are two schools of thought on the degree of doneness to which wild ducks should be cooked. However, many folks prefer them served rare--just short of the well-done stage.

If the bird is young, roast it at high temperature--400-425° F.--allowing 16 to 18 minutes per pound if you plan to serve it rare. If the bird is mature, use a lower temperature--325-350° F.--and increase the time to 18-20 minutes per pound. It may be necessary to cover the bird for a part of the roasting period in order to tenderize the meat.

Use your own judgment on whether or not to stuff the duck. Some prefer it roasted without stuffing; others think that the stuffing adds good flavor to the meat. A good old-fashioned celery stuffing, or one containing fruit--apples, prunes--is a good choice. Strip the breast with bacon, and roast the bird breast side up. Baste occasionally during the roasting period if necessary.

Wild rice is considered "choice" to serve with wild duck. It should be steamed until it is fluffy and light and rather dry in texture--not soggy. Add good homemade currant jelly, gooseberry jam, or spicy crabapple pickles as the accompaniment.

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FOR BROADCAST MONDAY, NOVEMBER 1, 1948

Aprons--For the Church Bazaar

(1:00) Bazaars are written across church calendars for the month ahead. All sorts of articles--especially homemade ones--will be listed for sale. Aprons are always popular and are easy to adapt to home time schedules.

If you want suggestions for making aprons, send for a copy of the United States Department of Agriculture Bulletin, "Dresses and Aprons for Work in the Home." It features skirt aprons, jumper aprons, bib aprons--even a man's apron--and gives basic directions for making them. If you are clever at sewing, you can cut your own pattern from the illustrations and the simple directions which are listed.

For your copy of "Dresses and Aprons for Work in the Home," write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

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Vegetables--Storage Important to Food Value

(:45) Store vegetables promptly if you want to conserve their precious nutrients. That's the advice of Miss Elizabeth Olsen, Foods research specialist, University of Illinois College of Agriculture.

Studies indicate that such vegetables as peas, broccoli, cauliflower, spinach and endive lose vitamin C very rapidly when held at room temperature. Under refrigeration, losses take place much more slowly.

Lettuce stored at room temperature loses vitamin A rapidly. The loss is decreased somewhat when it is refrigerated. Prompt storage--and at a temperature lower than room temperature--is important.

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FOR BROADCAST MONDAY, NOVEMBER 1, 1948

Closet Space--It Calls for Good Basic Planning

(2:15) Our forefathers left us rich in many things, but closet or storage space was not one of them. Certainly many of us know this fact by experience. Probably they didn't have so many items to store as we do in these so-called modern times. Today we think of well-planned storage as an extremely important part of good housing.

Miss Catherine Sullivan, home management specialist, University of Illinois College of Agriculture, reminds us that well-planned storage in a home has many points in its favor. First of all, it tends to prevent disorder and confusion in the household. It releases time and energy for every member of the family and, in the long run, contributes to their health and happiness.

Storage problems are many and varied, but something can be done about them in most homes. One good starting place is to consider--and carefully--the kind and variety of things we have to store. If we made a list,most of us would be amazed at its length.

Let's take clothing storage as an example. Every bedroom should have at least one closet or, better still, one for each person who is sharing the room. It should be deep enough to allow clothes on hangers to be hung on a rod--24 inches is the minimum.

Some shelf space is also necessary. There should be either shelves or racks for shoes. If, in planning a closet, we provide these things, we should be able to keep the closet floor uncluttered--adding to the ease and efficiency in cleaning.

Speaking of uncluttered floors--if we raise the floor of the closet, we keep dust from blowing in under the door. It is quite possible to build movable units for use in bedrooms. STORAGE IS A PROBLEM, BUT IN MOST HOMES IT IS A PROBLEM ABOUT WHICH SOMETHING CAN BE DONE.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, NOVEMBER 2, 1948

Home Calendar

(2:00) STARK COUNTY Hobby Show Tuesday, November 2, 1948, at 1:30 and 7:30 p.m., Wyoming High School, Wyoming, Illinois. Highlight of the program is a Style Show sponsored by the J. C. Penny Co., Kewanee, Illinois.

MARSHALL-PUTNAM COUNTIES 4-H Achievement Day Saturday, November 6, 1948, 7:30 p.m. The meeting is scheduled for the Varna High School Gymnasium, Varna, Illinois. Awards will be given to project honor members and to outstanding members. Some "special" awards will also be given.

MERCER COUNTY 4-H Club Achievement Night Saturday, November 6, 1948, 8:00 p.m. High School Gymnasium, Aledo, Illinois. Program includes demonstrations by club members, presentation of awards, and recreation.

JEFFERSON COUNTY 4-H Club Achievement Day Saturday, November 6, 1948, 9:15 a.m. to 4:00 p.m. The meeting is scheduled for Mt. Vernon, Illinois. The King City Retailers are sponsoring a free movie and lunch for all 4-H Club members.

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FOR BROADCAST THURSDAY, DECEMBER 2, 1948

Flavor Tricks--For Apple Baking

(1:15) Baked apples are favorites, and they belong on the easy-to-prepare dessert list for these busy days. Tucked into the oven along with the roast or the main-course baked or scalloped dish, they need no extra attention.

For extragood flavor, fill the centers of the apples with orange marmalade before you send them to the oven. Or, if you prefer, use cherry preserves, currant jelly, or a mixture of chopped dried fruit and nuts in place of the marmalade. Another favorite way is to stuff the centers with crushed pineapple and pour a goodly portion of the pineapple juice over them.

Instead of always serving baked apples with cream, try a lemon or vanilla sauce as the topping. A thin custard sauce is another favorite. When you top the baked apples with whipped cream, flavor the cream with mint or a few drops of grenadine.

Another suggestion--and a fine one for the holiday season--is to fold a portion of crushed peppermint-stick candy into the cream about 10 minutes ahead of serving time. This allows the flavors to blend and makes the dessert even more delicious.

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hristmas Seals--Your Pennies Will Help

(1:00) It is Christmas seal time, and every penny you give ounts mightily. The money received from the sale of the tiny seals inances the year-round campaign--including the FREE CHEST X-RAY serv-ce--to protect you, the members of your family, and others from tu-erculosis.

Tuberculosis can be cured but--better still--tuberculosis an be prevented. Tuberculosis is preventable because every person ho has this disease can find it--by CHEST X-RAY--before the conta-ious stage has been reached.

The best protection against tuberculosis parents can give heir children is to make sure that EVERY ADULT around them has had a HEST X-RAY and is free from this contagious disease. CHRISTMAS SEAL ENNIES will help to give that protection.

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Homemaking
Radio News

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FOR BROADCAST WEDNESDAY, NOVEMBER 3, 1948

Home Calendar

(2:00) CHAMPAIGN COUNTY Home Bureau Local Leader Training School Monday, November 8, 1948, 1:15 p.m. Meeting will be held in the Champaign County Farm Bureau Hall, Champaign, Illinois. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, will discuss the preparation of cooked foods for the freezer locker.

CHAMPAIGN COUNTY 4-H Club Achievement Program for home economics and agriculture project members, Monday, November 8, 1948, at 7:30 p.m. Champaign Junior High School, Champaign, Illinois. Between 1,000 and 1,500 are expected to attend. A special program has been prepared, club awards will be presented, and refreshments will be served.

LASALLE COUNTY 4-H Club Achievement Night for agriculture and home economics project members Monday, November 8, 1948, 8:00 p.m. Meeting is scheduled for the Ottawa Township High School, Ottawa, Illinois. O. F. Gaebe, 4-H Club specialist, University of Illinois College of Agriculture, will present county and state awards to club members.

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FOR BROADCAST WEDNESDAY, NOVEMBER 3, 1948

Time Table--For Broiling

(1:00) How long should steaks or ground meat patties be broiled to cook them to the rare stage? The well-done stage? How thick should the meat be? These are questions which are continually popping up to plague home cooks--particularly "newcomers" to the profession.

If you want information on length of time for broiling foods, why not send for a copy of the University of Illinois "Time Table for Broiling"? Miss Frances Cook, foods specialist, has assembled the material, and she has included information on raw and cooked fruits and vegetables, as well as meats, fish, and poultry.

For your copy of the "Time Table for Broiling," write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

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Your New Fur Coat--Pointers on Estimating Cost

(1:00) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, reminds us that upkeep should be considered along with the purchase price of that new fur coat. It is an important item and should be budgeted along with the initial cost of the coat.

Remember that a fur coat calls for storage during the summer months, it calls for cleaning and glazing almost every year. And after a season or two it may need repair. These upkeep items will add up to a considerable sum over the span of years the coat will be in service. DON'T DISREGARD THAT SUM--WRITE IT INTO YOUR BUDGET ALONG WITH THE PURCHASE PRICE OF YOUR COAT.

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Homemaking
Radio News

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FOR BROADCAST THURSDAY, NOVEMBER 4, 1948

Home Calendar

(2:00) PEORIA COUNTY Home Bureau Bazaar and Thrift Sale Wednesday, November 10, 1948, 10:00 a.m. to 3:30 p.m. The meeting is scheduled for the Westminster Presbyterian Church, Moss Avenue, Peoria, Illinois. Lunch will be sold at the noon hour, and there will be a short program of entertainment in the afternoon. Everyone is welcome.

TAZEWELL COUNTY Home and farm bureaus are sponsoring a County-Wide Family Night, Wednesday, November 10, 7:30 p.m. The meeting is to be held in the Delavan Armory, Delavan, Illinois, and 4-H Club members, Rural Youth members, and home and farm bureau members and their families are expected to attend.

DEKALB COUNTY Home Bureau is sponsoring two programs featuring SAM CAMPBELL, Saturday, November 13, 1948, DeKalb Township High School, DeKalb, Illinois. The children's program is scheduled for 2:00 p.m., and Mr. Campbell will talk about "Wild Animals and Wild Places in America."

The evening program is scheduled for 8:00 p.m., and the topic is "Through the Seasons With Sam Campbell." The home bureau is giving the programs as a benefit for girls' 4-H Club work in the county.

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FOR BROADCAST THURSDAY, NOVEMBER 4, 1948

Popcorn--A "First Aid" When It Fails to Pop

(1:00) When popcorn fails to pop--what's wrong? What can be done about it? Professor B. L. Weaver of the Horticulture Department, University of Illinois College of Agriculture, says the corn will not pop well if it is too dry. He recommends covering the corn with water for two or three minutes only, then draining it and drying it thoroughly before you pop it.

If you are planning to serve the popcorn plain--the good old-fashioned way--Professor Weaver says to add all of the fat and salt at the time of popping. This distributes it more evenly. Choose the fat to your own liking--one of the vegetable fats, lard, or even bacon or poultry fat if you enjoy the flavor.

Butter, however, has a tendency to stick or burn and should not be used. Popping compounds which have been put on the market by a number of commercial companies are widely used in place of fat. These do not have to be refrigerated and do not turn rancid over a long period of time. These companies also make a popcorn salt, which is very fine.

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Cleaning Equipment--Suggestions for Storing

(1:15) Keep cleaning equipment in mind when you plan your storage space. It is an important item and should be as near to the point of use as possible in order to save time and energy.

Miss Catherine Sullivan, home management specialist, University of Illinois College of Agriculture, says that in large two-story homes some of the storage space for equipment should be on the second floor. The size of the space will depend on the amount of equipment to be stored, and provision should be made for items to be purchased in the years ahead.

Vacuum cleaners, for example, require a space at least 14 by 16 inches. Mops, brushes, brooms, and the carpet sweeper should have a place, as well as cleaning supplies.

Mops, brushes and brooms can be hung on hooks on the underside of the shelf on which the supplies are stored. If the handles aren't equipped for hanging, only a few minutes are required to put a hole in them. Hanging such items--getting them off the floor--is a big timesaver in keeping the storage space in order.

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FOR BROADCAST FRIDAY, NOVEMBER 5, 1948

Know Your Fabrics--Stretch Your Dollars

(1:15) How many fabrics can you identify by name? How many by appearance and feel? We all talk about the high cost of living, but many of us aren't doing very much to make our dollars stretch as far as possible. Clothing is a good example, for today a large part of every family budget is earmarked for clothes.

Miss Helen Zwolanek, clothing specialist, University of Illinois, reminds us that knowing today's fabrics and their construction is a good money-saver. It helps us to estimate the wear we can expect from a garment. It helps us to determine how to care for the garment. It helps us to select the right fabric for a given purpose and to suit our needs.

Fiber content of fabrics is especially important today, when so many new, man-made fibers are being used. With each change in the fiber used, the fabric's appearance may change. Its uses may differ. It may require different methods of care. That is why it is important to know the type of fabric you want--the fiber content that best suits your needs and your pocketbook.

If is definitely worth-while to take time to study fabrics. Learn their construction, their fiber content, and their performance. Knowing your fabrics--the ones that go into your wardrobe and into your home--will help you get full value for the pennies and dollars you spend.

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Potatoes Hungarian Style--Have You Tried Them?

(1:00) Serve potatoes often, but keep them interesting! That's the advice from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. She suggests Potatoes Hungarian Style as a first-rate dish for either lunch or supper.

Arrange alternate layers of sliced cold boiled potatoes, and sliced hard-cooked eggs in a buttered baking dish. Season each layer with salt, pepper, celery seed or finely minced fresh celery, and chopped parsley.

Over all pour sour cream and bake in a moderate oven--350° F--for approximately 20 to 30 minutes, depending on the number of servings prepared. The mixture should be thoroughly heated and cooked long enough to blend the seasonings and the foods perfectly.

If necessary, place in the broiler for two or three minutes at the end of the baking period to brown. A dash of grated cheese sprinkled over the top of the dish as you take it from the oven adds good flavor.

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Homemaking
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FOR BROADCAST SATURDAY, NOVEMBER 6, 1948

Home Calendar

(:45) MENARD COUNTY Home Bureau Hobby Day Thursday, November 18, 1948, 10:30 a.m., Farm Bureau Auditorium, Petersburg, Illinois. Everyone is to bring a hobby. Program includes a book review by Mrs. Chester Powell, and a movie.

STATE NUTRITION CONFERENCE Friday and Saturday, December 3-4, 1948, Centennial Building, Springfield, Illinois. Daytime sessions are scheduled for the Hearing Room 111, and the Friday evening meeting will be held in the Auditorium.

Outstanding speakers in the field of nutrition are being scheduled. YOU ARE INVITED TO ATTEND.

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New Finish--For Furniture

(1:00) Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, reminds us that the type of finish we select for furniture is important. Three points should be kept in mind in making our choice--the kind of wood in the furniture, the use which will be made of it, and our personal taste.

Oil is an old and popular finish and has a number of advantages. It does not show water spots and marks caused by hot dishes. It will bring out the natural grain of the wood and give the furniture a beautiful soft sheen. The beauty of oil finish depends, however, on the number of coats you apply and the time and energy spent in polishing.

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FOR BROADCAST SATURDAY, NOVEMBER 6, 1948

When You Reduce--Go Easy on Concentrated Foods

(1:15) Concentrated foods--bread, potatoes, sweets, fats--furnish a relatively large number of calories. They should be used in SMALL QUANTITIES ONLY in reducing diets in order to keep the total number of calories low.

Miss Harriet Barto, assistant professor of dietetics, University of Illinois College of Agriculture, says the concentrated foods should not be eliminated from the diet, however. They are nutritious and palatable foods and should be included. We'll notice the reduction in the amount of these concentrated foods less if we use generous quantities of the bulky foods. Lettuce, cabbage, and other fibrous vegetables should be used generously. Tomatoes, citrus, and other watery foods belong on the list.

Most people who are overweight are accustomed to eating large meals--meals usually rich in fat. This gives a sense of fullness due to tension in the stomach, and a feeling of satisfaction--due in part to the fat. Substituting bulky foods for many of the concentrated ones will make the size of the meal appear to be about the same, but we can keep the calorie intake low.

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Your Oven--Use It to Full Capacity

(1:00) If you are counting pennies closely, plan to use your oven to full capacity each time you use it. It takes little more electricity to cook several foods in your oven than it does to cook one.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says, in planning oven meals, to do your best to select foods that require about the same temperature and cooking time. Use tightly covered pans for vegetables. Arrange the pans so that there will be free circulation of heat between each pan and between the pans and the oven walls.

Tender cuts of meat should be cooked in shallow, uncovered pans and without the addition of water. Arrangement of utensils in the oven is also important. A general rule is to place meats and vegetables on the bottom racks, desserts on the top.

JEH:lk
11/3/48

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, NOVEMBER 8, 1948

For Good Pastry--Look to the Mixing

(1:15) Pastry-making calls for skill aplenty--as every good cook will tell you. However, by following tested methods and rules, even the inexperienced cook--the one who is just learning--can turn out pastry that is tender and flaky, with that melt-in-your-mouth flavor.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, warns that many inexperienced workers tend to overmix the ingredients. Overmixing is a more serious mistake than undermixing. When the flour and the fat are overmixed, the flour grains become so coated with the fat that they will not take up enough water. The result is a leathery crust.

One method of mixing that will help to produce a flaky crust is to divide the shortening into two portions. Mix the first portion with the flour rather well until the particles resemble fine breadcrumbs. Then flake in the second portion with a knife and mix very little. The thin flakes of shortening will help to assure a flaky crust.

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FOR BROADCAST MONDAY, NOVEMBER 8, 1948

Want to Stretch Milk Pennies? Here's a Suggestion

(:45) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that it is a good plan to use evaporated milk and dried milk occasionally. They are often less costly than whole milk, and they can be used to good advantage in preparing any number of foods.

Skim milk can be used for a part of the whole milk and costs much less. If you use skim milk, be sure you're getting vitamin A in green and yellow vegetables, liver, and table fats. Vitamin A is removed from the whole milk with the cream.

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Burns Are Serious--Let's Protect Children

(:45) We all know that touching something hot has taught many children a safety lesson. But sometimes the burning is too high a price for the learning.

The National Safety Council urges mothers to keep the handles of cooking vessels turned out of reach of little hands, and to keep the tots out of the kitchen as much as possible...Keep hot objects away from the edges of tables.... Don't leave pans or buckets of hot water on the floor....

Use your fireplace screen.... Watch out for all such hazards that might burn a child and teach the lesson which you should have taught painlessly.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, NOVEMBER 9, 1948

Home Calendar

(1:45) STARK COUNTY 4-H Club Achievement Night Wednesday, November 10, 1948, 6 p.m. The meeting will be held at the Congregational Church, Toulon, Illinois. The banquet will be followed with a program.

RURAL YOUTH DAY at the Illinois Agricultural Association Annual Meeting Tuesday, November 16, 1948, Sherman Hotel, Chicago. The talkfest is scheduled for 9 a.m. with Ruth Huser, Tazewell County, as chairman.

The Skilled Drivers' Contest is scheduled for 1:30 p.m., Soldiers Field. The contest is under the direction of W. W. Whitlock, department of safety, Illinois Farm Supply Company, with Glenn Niehaus Montgomery, chairman. Contestants will demonstrate their ability in both road performance and skill tests.

MACON COUNTY 4-H Club Unit Chairman Training School Friday, November 19, 1948, 1:30 p.m. Home Adviser's Office, Federal Building, Decatur, Illinois. Miss Mary McKee, University of Illinois College of Agriculture,will conduct the meeting.

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FOR BROADCAST TUESDAY, NOVEMBER 9, 1948

Baking Cookies? Suit Equipment to the Cookies

(1:00) Cookie-baking time is almost here. Thanksgiving, Christmas, the New Year--all call for special cookies and extra cookies. If you want them to be golden brown--baked just right--select the baking equipment to suit the type of cookie you're baking.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that baking sheets are better than cake pans for all except the bar kind. Cookies baked in pans brown little, or not at all, on the top.

Baking sheets require no greasing for rolled or ice-box cookies. However, they should be greased for drop cookies. For bar cookies, select a shallow cake tin. A square one will permit the cookies to be cut more uniformly than a round one will. Grease the pan and then line it with wax paper.

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Your Wool Garments--Grant Them Leave

(1:00) A rest period is important to your wool garments. Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, suggests that they need at least twenty-four hours of rest between wearings if they are to give good service.

After brushing and airing the garments, hang them in the closet and give them room to "breathe." This will help to get rid of wrinkles and eliminate a goodly amount of pressing.

Sponging is an excellent restorative treatment after the brushing. Rinse the sponge when it becomes soiled, and squeeze it almost dry before you apply it to the garment. Hang the garment carefully--with all buttons buttoned and all fasteners fastened--on a hanger. Be sure it is thoroughly dry before you place it in the closet.

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Homemaking
Radio News

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FOR BROADCAST WEDNESDAY, NOVEMBER 10, 1948

Crossing Streets Calls for Attention--Let's Look and Listen

(:30) You know, we women are often accused of talking too much--of letting our minds wander in too many directions. Well, those are rather common faults for both men and women.

The National Safety Council reminds us that too many of us DO gab and gawk and let our thoughts stray while we're crossing streets. That's asking for troulbe for any person--man or woman. Let's remember that ACCIDENTS DON'T JUST HAPPEN! THEY ARE CAUSED!

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opping for Ice Cream--Here's a Good One

(1:00) Hot Toffee Sauce--have you tried it? It's quick o prepare and mighty tasty. Miss Grace Armstrong, nutritionist, niversity of Illinois College of Agriculture, sends along the irections for making it.

Place 2 cups of brown sugar in a saucepan. Add 4 teaspoons f vinegar and 1/2 cup of butter. Place over low heat and stir un- il the sugar is dissolved. Then let cook--without stirring--to the lrup stage, or 230° F. if you have a thermometer. Serve warm over ce cream. Top with chopped nuts, grated coconut, or a bit of whipped ream.

Hot Toffee Sauce is rather special when served as a top- ing for plain cake. Some folks enjoy it as a topping for waffles-- specially when the waffles make the dessert course.

The sauce can be made in quantity, stored--tightly covered-- nd then reheated as needed. It is a good plan to reheat it over ot water.

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FOR BROADCAST WEDNESDAY, NOVEMBER 10, 1948

To Wash Or Not to Wash--Read the Label

(1:30) When is it safe to wash a ready-made garment? What can be used as a guide in deciding? Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says to check the label. It is inadvisable to wash a ready-made garment unless it is labeled washable, or unless you can test for shrinkage and color fastness.

Sometimes the belt--when made of the dress material--can be tested. Another method which may be used in testing for shrinkage is to cut or thread-mark a piece of the material. Measure the piece carefully, then launder and iron. Measure carefully again. Difference in size will indicate shrinkage or stretchage, and will serve as a guide in deciding whether to wash the garment.

The thread-marking method is useful when no sample is available. However, such a small sample may give a very inaccurate idea of the real shrinkage. The results should therefore be used only as an indicator.

To find out whether color is likely to "run," rub some inconspicious part of the garment with a damp white cloth. If the color rubs off on the white cloth, IT WILL NOT BE ADVISABLE TO WASH THE GARMENT.

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Your Electric Range--Pointers on Using

(:30) "DON'T OVERHEAT"--that's the rule to follow in using your electric range, whether the units are open or enclosed. Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, cautions that repeated overheating may damage the wires so that they will have to be replaced.

To prevent overheating, use utensils that fit the unit, and make good contact with the unit surface. Turn the switch from its highest heat to a lower heat as soon as the food starts to cook.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, NOVEMBER 11, 1948

Home Calendar

(:15) PERRY COUNTY 4-H Club Achievement Meeting Friday, November 12, 1948. Meeting is scheduled for the Grade School Auditorium, Pinckneyville, Illinois, and will open at 7:30 p.m. Honors and prizes will be awarded, and a recreation period will follow.

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Caution to Hunters and Cooks--Guard Against Tularemia

(1:15) Dr. Roland R. Cross, state director of public health, warns Illinois folks to guard against tularemia, or so-called rabbit fever. Fewer cases have been reported to date this year than in 1947, but the disease is likely to increase sharply during the coming months--unless precaution is taken.

While several wild animals are known to carry tularemia, wild rabbits are the worst offenders. They account for about 95 percent of the cases in human beings, according to Dr. Cross. The disease is spread to man most often in the skinning and dressing of infected rabbits.

The control of tularemia, Dr. Cross warns, depends primarily on the precautions each person takes for his own safety. He urges hunters, homemakers and butchers in particular to use rubber gloves at all times when skinning and dressing wild animals--and especially rabbits.

Persons may also get tularemia by eating undercooked infected meat, by drinking water that has been contaminated by infected wild animals, or through the bite of an infected flea or tick.

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Spice Cake Topping--This One's Worth Trying

(1:00) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that fresh applesauce flavored just right with grated orange rind makes a tasty topping for spice cake. It's quick to make, and there are apples aplenty at the local grocer's these days.

Sweeten the applesauce to taste and blend in the grated orange rind--using the rind from one medium orange to a cup or a cup-and-one-half of the sauce. Just ahead of serving time, fold in a portion of whipped cream. Arrange the spice cake on the individual serving plates and top with the apple-orange-cream mixture.

If you prefer, omit the whipped cream. Combine the grated orange rind with the applesauce fifteen or twenty minutes ahead of serving time in order to blend the flavors. Top the spice cake with the mixture, and sprinkle generously with grated or shredded sharp-flavored cheese.

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Coat Care--These Suggestions Will Help

(1:00) Your winter coat will come in for plenty of hard wear from now until early spring. Everything you can do to help ease the strain as you wear it will increase its span of life and keep it looking trim and neat.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, suggests that, if you drive a car, it is a good plan to get into it on the side nearest the wheel. Scraping along the whole seat in getting into the car on the opposite side and worming your way into position puts undue strain and friction on your coat.

When you sit in your coat, unbutton it and pull it up slightly in the back to ease the strain and pull. If you are a strap-hanger, unbutton your coat before you reach for the strap.

Underarm handbags wear off the nap of your coat by friction. Neither they nor packages should be pressed or rubbed against the garment. A scarf will save wear on the neckline of your coat, and will help to keep it neat and trim--protect it from powder and cream.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, NOVEMBER 12, 1948

Cheese Popcorn--You Can Prepare It at Home

(:45) Cheese popcorn is rather special to serve with crisp, tart apples. You'll like it, too, as a garnish for soups and to serve with cold drinks. It is simple to prepare, and no extra or unusual equipment is needed.

Miss Jean Chase, foods research specialist, University of Illinois College of Agriculture, sends along a suggestion for making it. Here's how: Melt one-fourth cup of butter and stir in one-fourth cup of very dry grated American cheese. Or, if you prefer, use Parmesan cheese instead of American.

Pour the cheese-butter mixture over three cups of hot, freshly popped corn. Stir until every kernel is coated and flavored with the cheese. Sprinkle with more dry grated cheese and a dash of salt, if you wish, while the corn is still warm.

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Night Accident Rates Are High--Caution Important

(:45) The National Safety Council reminds us that darkness creates a special kind of traffic hazard--whether we're driving or walking. When we drive we should be more cautious after dark BECAUSE three out of five of all fatal accidents occur during the hours of darkness. THREE TIMES AS MANY FATAL ACCIDENTS--ON A MILEAGE BASIS--OCCUR AT NIGHT.

When we walk we should be especially cautious after dark BECAUSE nearly half of all pedestrian fatalities occur between 6 p.m. and midnight. THE PEDESTRIAN FATALITY RATE IS HIGHEST DURING THE FIRST THREE HOURS AFTER SUNSET.

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FOR BROADCAST FRIDAY, NOVEMBER 12, 1948

Abraham Lincoln Food Train--Dec. 15 Is the Date

(2:00) THREE HUNDRED CARLOADS OF FOOD! That's the minimum ILLINOIS goal for this year's Friendship Train! Again this year the train is sponsored by the Christian Rural Overseas Program--CROP, as it is known--and its purpose is the gathering of gifts-in-kind from rural Americans to help care for the needy overseas.

Perhaps you're thinking that 300 carloads of food is too much--more than our state's share. It is a lot of food, but let's check production figures against the quota. It has been suggested that the train include 200 cars of corn. That amount is about 3/40 of 1 percent of Illinois' total corn yield for this year.

One hundred cars of soybeans have been suggested--about 1/4 of 1 percent of the total bean production. With more than 5 million hogs in Illinois, a minimum of 33 cars of hogs is expected. The rich dairy-producing areas in the state are expected to supply many carloads of dairy products.

The campaign to assemble the train is under way. Communities, townships, and school districts are being organized. District quotas--based on county production statistics--have been set up and will be discussed at district meetings.

If you need information about the plan for the Abraham Lincoln Food Train, contact your local chairman. December 15 is the date for dedication and departure. This is our Friendship Train--mine, yours, our neighbors. It is our opportunity to help needy families overseas. YOUR LOCAL CHAIRMAN HAS THE DETAILS OF THE PLAN.

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FOR BROADCAST SATURDAY, NOVEMBER 13, 1948

Home Calendar

(:45) LASALLE COUNTY Annual Rural Chorus Harvest Concert Sunday, November 14, 1948, 2:30 p.m., Ottawa Township High School Auditorium, Ottawa, Illinois. The theme of the program is "Music in Illinois," with special numbers and narrator.

PIATT COUNTY Home Bureau is sponsoring a demonstration on the preparation of BAKED FOODS for the freezer. The meeting is scheduled for Tuesday, November 16, 1948, 1:00-3:00 p.m. and will be held in the Monticello High School Auditorium, Monticello, Illinois. You are invited to attend.

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Turkey Talk--How Much to Buy

(1:00) How much turkey to buy? That's a problem that's puzzling scores of homemakers these preholiday times. It is important to gauge family appetites accurately and then buy accordingly.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says the task is not a difficult one--even though you are buying turkey for the first time. There is one general rule, and here it is: Allow one pound of turkey per person when you buy what is known as New York or market dressed--head and feet on and picked but not drawn.

When you buy the bird dressed and drawn, then reduce the allowance to 3/4 pound per person. Both the pound and the three-quarters pound are very generous allowances. Reduce them slightly if you wish.

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FOR BROADCAST SATURDAY, NOVEMBER 13, 1948

Toys and Games--For Young Children

(:45) Miss Margueritte Briggs, child development and parent education specialist, University of Illinois College of Agriculture, says that buying toys and games for young children calls for serious thought. Careful selection is very important.

Remember that young children like toys and games that require motion and movement. Skipping, moving about, imitating grown-ups at work--these are all highly desirable activities.

Remember, too, that quiet games and stories are the best choice for the period just ahead of mealtime and just before going to bed. Be sure to include some of these along with the active ones.

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Woolens--Points on Their Care

(1:00) Daily care alone is not enough for woolens--especially children's garments. They must be washed or cleaned frequently. Whether to wash or clean depends on the garment and the type of fabric, as well as on how often it is worn.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says that washable woolens will launder well if a few simple rules are followed. The label or tag will suggest the treatment and give directions for carrying it through. DIRECTIONS WHICH ACCOMPANY THE FABRIC OR GARMENT SHOULD BE FOLLOWED.

Wool dresses for children are frequently washed--or should be--to keep them neat and trim. Therefore, the fabrics selected should be light in weight, and colors should be fast to washing. Likewise the design and construction should be considered. Garments that are poorly constructed, as well as those that are elaborate in design, often do not hold up well under washing. Garments that are simple in design, well constructed, and made of quality fabrics are usually the easiest on the purse and give the most satisfaction in the long run.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, NOVEMBER 15, 1948

Gifts of Leather--How to Make

(:45) Here's more help for your Christmas gift-making--directions for making articles of leather. Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture, is responsible for the information, and single copies will be mailed on request.

The leaflet lists materials and tools for doing the work, suggests patterns and designs, and tells you how to trace and tool the design. In addition, you'll find complete directions for finishing the article--lacing, cementing, and polishing.

If you want a copy, write to the University of Illinois College of Agriculture, Urbana, Ill. The name of the leaflet--"Let's Make a Leather Purse."

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Caution Should Be the Rule With Guns

(:45) A news item about a child being accidentally killed by a gun is not at all unusual. Almost every day such accidents are listed in the daily papers.

The National Safety Council says that--as a matter of record--firearms rank second only to burns as a home-accident killer of children between 5 and 14 years old. As for preventive measures, the council suggests teaching youngsters how to handle a gun--WHEN THEY ARE OLD ENOUGH.

But a SMALL child should be taught not to touch a gun. And to be really sure of the children's safety, guns and ammunition should be securely locked away, out of their reach. MAKE IT A RULE TO UNLOAD GUNS BEFORE YOU STORE THEM OR BRING THEM INTO THE HOUSE. Too often the "unloaded" gun is the gun that causes a fatal accident. Let's play safe.

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FOR BROADCAST MONDAY, NOVEMBER 15, 1948

Fresh Mushrooms--How to Cook

(2:00) Fresh mushrooms are coming to market. True, they are not in the low bracket so far as price is concerned, but their delightful flavor makes them worth the extra pennies--provided the budget will permit.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that ways of cooking mushrooms range all the way from the simplest to the most elaborate. However, simplest methods are usually considered best. A few added to creamed soups, a la king dishes, and baked and scalloped dishes add delightful flavor.

Mushrooms served with steak broiled to a turn, mushrooms added to the potroast during the last minute of cooking, mushrooms added to a grilled combination--kidneys, crisp bacon, lamb chops--all are counted extraspecial by most folks.

The native flavor of mushrooms is so delicate and yet so complete that it needs little in addition. However, this does not mean that mushrooms should get no seasoning at all. Salt, of course, is taken for granted. Either oil or butter is a "must."

When you serve creamed mushrooms, try adding just a trace of garlic. Add it with a very light hand--more than a suggestion will tend to mask the delicate mushroom flavor. Italy decrees that marjoram should accompany mushrooms in most dishes, and a very small amount, added along with the salt and pepper, does seem to enhance the natural flavor.

Buttered mushrooms are all the better for the addition of a few chives and a small amount of parsley. For one pound of mushrooms, use about 1 1/2 teaspoons of the minced chives and 1 tablespoon of the minced parsley. Add them at the beginning of the cooking period--when you turn the mushrooms into the hot oil or butter.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, NOVEMBER 18, 1948

Curtain Measurements--A Problem in Simple Arithmetic

(:45) Accurate measurements are important in making curtains. They save time and energy, and frequently save considerable money.

Use a yardstick to measure the window--a tapeline often stretches. That's the advice of Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. Take the measurement from the top of the rod to the length you desire--to the sill, to the edge of the apron, or to the floor.

The next step is to add sufficient length for heading, casing, and hems. If the material has not been preshrunk, be sure to allow for shrinkage. If you plan to use tiebacks, add extra length. Finally, allow additional material--6 to 12 inches--if the curtain is to lie on the floor.

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Suit the Furniture Size to the Child

(:45) Miss Margueritte Briggs, child development and parent education specialist, University of Illinois College of Agriculture, reminds us that the furniture used by grown-ups is not right for young children. Their furniture--chairs, tables, chests of drawers--should be scaled to their size. The same rule holds for shelves in closets and cupboards and for hooks on which to hang their clothes.

Small-scale furniture teaches young children to sit, to relax, and to rest quietly. Low shelves and low hooks tend to teach tidiness--essential to home safety as well as to good dispositions on the part of both parent and child.

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FOR BROADCAST THURSDAY, NOVEMBER 18, 1948

Griddle Cake Tricks--Here's One You'll Like

(1:00) Chill November mornings call for hearty breakfasts. Golden-brown griddle cakes are favorites, and you can serve them often, provided you vary the recipe. Have you tried Bacon Griddle Cakes? Quick to prepare and extra-good in flavor, your family will count them 'tops."

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that no special recipe is needed. Use your favorite one for plain griddle cakes, and fold in 3/4 to 1 cup of diced cooked bacon just before you bake the cakes.

The bacon improves the texture of the cakes as well as the flavor. Best of all, it is not necessary to serve bacon 'longside--a considerable saving of pennies in these days of high food prices. Diced cooked ham or frizzled dried beef can be added instead of the bacon, if you prefer.

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Washing Machines Are Temperamental--In Cold Weather

(1:00) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says if you have your washing machine stored in a cold place to be sure to bring it to near room temperature before you use it. The oil or the grease in an electric or engine-driven machine may be too stiff to lubricate the mechanism as it runs.

It is a good plan to bring the machine into a warm room a few hours ahead of operation time. Or, even better,bring it indoors the evening before. Another method is to let the tub stand full of warm water before you start washing. However, there is one precaution to keep in mind--never pour hot water into a very cold porcelain enamel tub. Sudden changes of temperature may crack the porcelain enamel.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, NOVEMBER 19, 1948

Gift Suggestions--Ones You Can Make at Home

(1:00) What's the most popular gift for Christmas? Would you dare venture a guess? No doubt if the pollsters went to work on the problem they'd find house slippers near the top of the list. Children, mothers, dads, teen-agers--all appreciate slippers as a gift--provided they are comfortable and appropriate.

Very attractive slippers can be made at home--and for a reasonable sum. Frequently material on hand--felt, fur, suede, leather--can be reused to good advantage. The United States Department of Agriculture publication, "Make-Overs From Leather, Fur, and Felt," gives splendid suggestions.

Directions are listed for making scuffs, house slippers, and moccasins. You can use a commercial pattern or make your own from the diagrams given. Single copies of "Make-Overs From Leather, Fur, and Felt" will be mailed on request. Write to _____ Station or to the University of Illinois College of Agriculture, Urbana, Illinois.

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Obey Traffic Signals and Signs--Watch Where You Walk

(:15) "J-WALKERS DON'T STAY WALKERS!" That's the word from the National Safety Council, and the record proves the statement. It pays to cross streets at intersections and stay within the cross-walks.

Keep your view clear at all times, and don't hide under the umbrella or behind packages. Do not walk behind or in front of a street car or bus immediately after alighting. TAKE TIME TO BE SAFE!

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FOR BROADCAST FRIDAY, NOVEMBER 19, 1948

Wild Rice--It's First Rate With Wild Duck

(1:15) Wild rice is a good team-mate for broiled or roasted wild duck. It calls for a method of preparation somewhat different from that for white rice, but it is not in the least difficult.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says that we need to allow a bit more wild rice per serving than white rice. The white rice will almost triple in bulk during cooking--the wild rice approximately doubles. Then, too, the wild rice calls for a longer cooking period than the white.

If possible, use a heavy metal utensil for the cooking, and add just enough water to cook the rice. When ready to serve, it should be fluffy and quite dry in texture. There should be no excess water to drain off or discard. Or, if you prefer, use a larger amount of water and cook the rice until tender. Then drain off as much water as possible, place the utensil over low heat and steam the rice until it is quite dry in texture. If more convenient, place the rice in the oven to remove the excess moisture. Keep the temperature moderate and stir or lift the rice occasionally.

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Crackerjack--You Can Prepare It at Home

(1:00) Crackerjack is a favorite with many grown-ups as well as children, and you can make it at home with very little effort. Miss Jean Chase, foods research specialist, University of Illinois College of Agriculture, sends along this recipe:

Crackerjack

Combine 1/2 cup of molasses with 1/2 cup of corn syrup and 1/2 tablespoon of vinegar. Cook until a small amount of the mixture forms a very hard ball in cold water. Or, if you have a candy thermometer, cook it until it reaches a temperature of 270° F.

Remove from the heat and add 2 tablespoons of butter. Pour the syrup over 5 cups of popped corn, salted to taste, and mixed with 1 cup of toasted nuts. Press the crackerjack into one-inch layers in a greased pan. Cool and cut into squares or break into pieces.

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Homemaking
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'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, NOVEMBER 20, 1948

When Child Doesn't Eat--What's Wrong?

(1:00) Are you concerned when your young child doesn't eat? What do you do about it? How do you solve the problem?

Dr. Nellie Perkins, director of the Child Development Laboratory, University of Illinois College of Agriculture, says not to try to get him to eat by feeding him. Likewise, don't tempt him with special, usually forbidden foods.

Sometimes his refusal of food is the first sign a mother can see of a cold or the onset of an infection. His usual healthy appetite is gone, and he refuses to eat.

What to do about it? The best advice--and this from Dr. Perkins--is to be sure he is eliminating regularly, and give him extra rest and plenty of water. By the next mealtime you'll be able to decide whether it was just fatigue or whether you need a doctor.

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'Operation Safety"--It's Good Business

(:15) Three out of five fatal accidents occur at night! 'hat word comes from the National Safety Council. Reduced visibility, .nadequate traction, increased traffic on special holidays--these .re specific points to remember.

ACCIDENTS DON'T JUST HAPPEN! THERE IS ALWAYS A CAUSE!

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FOR BROADCAST SATURDAY, NOVEMBER 20, 1948

Food Buying--An Important Business

(2:00) How much money for food? Perhaps one way to answer the question is to ask another--how good a manager is the buyer of the food? Food prices are high these days, and wise buying counts mightily.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, believes that every homemaker needs to be informed--needs to study her job as food purchasing agent. The problem of spending wisely for food is not the same for all homemakers.

Each homemaker must study the food needs of each and every member of her family. She must study the family income and determine the part that may be spent for food. She must take into consideration the foods that are produced or those that may be produced at home. She must also consider the space and facilities that she has for storing food.

Every fair-minded homemaker is willing to pay a reasonable price for food. On the other hand, she must decide whether the price is reasonable for her and her family--a problem that is not always easy to solve. Here are some of these things she must consider: food value in relation to price, seasonal foods, foods produced locally or those shipped from a distance.

Percentage of waste is also an important item. Cost per unit, such as per quart or pound, grades of food, differences in varieties of food--these too have a direct bearing on the cost paid at the local market.

These days it is important to be a wise purchasing agent--a first-rate manager. In large business organizations, the buyer has an important part to play. The homemaker's place in the business of the home is no less important. Studying the job, keeping informed--these are things that will help solve food budget problems.

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Radio News

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FOR BROADCAST MONDAY, NOVEMBER 22, 1948

Toys--Ones You Can Make

(1:15) How much money are you planning to spend for toys this Christmas? How much will the pocketbook really allow? Simple, sturdy toys will please children as much as the costly, elaborate ones--provided they are wisely selected. Any number of fine ones can be made at home--and for a very few pennies.

If you are interested in making toys and need suggestions, here's help for you. Send for a copy of the University of Illinois publication, "TOYS THAT CAN BE MADE AT HOME." The toys pictured in the circular--there are more than two dozen--are easy to construct. Only common, inexpensive materials are used: most of them you'll have at home.

Many of the toys require only small pieces of wood and some glue. Others make use of cheese boxes, spools, old clock works, broomsticks, and similar common articles. A few hours' time is all that is needed to turn out toys that any child will enjoy.

Single copies of "TOYS THAT CAN BE MADE AT HOME" will be mailed on request. If you wish a copy, write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST MONDAY, NOVEMBER 22, 1948

Soil Marks Behind Pictures--How to Avoid

(1:00) How often have you changed the position of a picture and found the wall back of it soil-marked? It is annoying, isn't it? Apparently it is very easy to prevent such marks--when we know the trick.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says to put a thumb tack at each lower corner of the frame on the back. Let the heads of the tacks project about 1/8 inch.

The tacks hold the frame out from the wall far enough to permit air to circulate freely around it. No dust will accumulate on the wall. It's a simple trick, and easy to perform, but one that really gives results.

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llinois State Nutrition Meeting--You're Invited

(1:00) Keep these dates in mind--Friday and Saturday, ecember 3-4. That's the time of the Illinois State Nutrition Conference, and your help is needed to carry on nutrition work in your ommunity.

The meeting is scheduled for the Centennial Building, pringfield, Illinois. The first session opens at 1:30 p.m. Friday, t which time the food situation, food prices, and new developments n the nutrition field will be considered.

In the evening Dr. George Wakerlin, head of the department f physiology, University of Illinois Medical College, is scheduled o speak. Saturday morning will be devoted to school lunch problems nd community nutrition program plans.

This is YOUR nutrition conference, and your help is needed. lan now to attend. The conference will close promptly at 12--noon--n Saturday.

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FOR BROADCAST TUESDAY, NOVEMBER 23, 1948

Sweet Potatoes--They Deserve Our Attention

(1:45) Sweet potatoes are good buys at local markets these days, and there are dozens of ways to use them. On the family dinner table, they can take their place as a vegetable, in breads of various sorts, and in many desserts--custard, pie and pudding.

No left-over cooked sweet potatoes need to go begging. They can be sliced and then broiled or fried, or, they are first rate when hash-browned. They are good companions for other foods, too. Use them in hash with left-over meat, or, if you prefer, combine them with the meat and make them into patty cakes, scallops, or puffs.

The nutritionists of the Bureau of Human Nutrition and Home Economics remind us that sweet potatoes are truly nutritional prize packages. Their yellow color is a sign of richness in carotene, which the body converts into vitamin A. In addition, these fine-tasting potatoes offer vitamins B and C and some minerals. Their sugar and starch make them fine sources of energy or fuel value.

To be at their best, sweet potatoes should be used within a week or so after they are purchased. They are sensitive to cold, so don't store them in the refrigerator. They may become dark and lose flavor if they are stored at a temperature as low as 40° F.

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FOR BROADCAST TUESDAY, NOVEMBER 23, 1948

Window Shades--How to Clean

(1:15) Window shades can be cleaned at home--and successfully--provided they are not to soiled. However, approved methods must be followed, and the work must be done carefully. Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, gives these directions.

The first step is to determine whether the shade is washable or nonwashable. If it is washable, lay it flat on a large table. Dust with a soft brush or cloth and then wash. Use a sponge or soft cloth and soap jelly, applying the jelly to a small area at a time.

Thoroughly rinse off all the soap with a clean sponge or cloth wrung out of clear water. Clean the other side and then let the shade dry thoroughly before you roll it.

If the shade is nonwashable, lay it flat on a large table. Remove as much dust as possible with a soft brush or cloth. Then clean it on both sides, using wallpaper cleaner or a chemically treated sponge. Be sure the shade is thoroughly dry before you roll it.

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Doughnuts--They Need Not Be Greasy

(1:00) What happens when doughnuts are greasy? Why do they--at times--seem to absorb an unusually large amount of the fat? Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says there are a number of reasons for the trouble.

Long cooking time, or a temperature too low for cooking, will permit the dough to absorb fat. Rolling the dough too thin gives a large surface area, which tends to absorb the fat.

The kind or type of flour you use can also make a difference. For example, cake flour seems to absorb more fat than the all-purpose flour. Insufficient mixing or too much sugar, fat or egg tends to cause trouble too. Very soft dough due to too much liquid or too little flour tends to increase the amount of fat absorbed.

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FOR BROADCAST WEDNESDAY, NOVEMBER 24, 1948

Home Calendar

(1:00) DOUGLAS COUNTY Home Bureau Antique and Hobby Show Saturday, December 4, 9 a.m. to 9 p.m., Grade School Gymnasium, Arcola, Illinois. There will be items for sale, and 20 percent of the profits will be given to the county home bureau treasury. You are invited to participate in the show.

ST. CLAIR COUNTY Home Bureau Leaders' Training School on "Cake Decorating." The meeting has been scheduled for Thursday, December 2, 1948, 1:30 p.m., Bluff Grange, Centerville, Illinois. Mrs. Charles Dyroff, county program chairman, is in charge of the lesson and will be assisted by members of the Jackson Droit Unit. Christmas decorations for the home will be included in the afternoon's program.

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Your Sewing Machine--Keep It Clean

(1:00) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says that, if your machine is giving trouble, "CLEAN IT FIRST" is a safe rule to follow. A dirty machine, or one that needs oiling, cannot give good service.

Dust, grit, lint, and threads collect easily on the working parts. In time they will form a packed mass, soaked and gummed with oil. This gummed oil and dirt will cause trouble aplenty--make the machine run hard, interfere with the free running, and sometimes cause it to jam and lock.

The manufacturer's instruction book for your particular machine will give you directions for cleaning and oiling the equipment. If you have lost the book, try to get another. Write to the manufacturer, giving him the name, serial number, and the approximate age of your machine.

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FOR BROADCAST WEDNESDAY, NOVEMBER 24, 1948

Chocolate Mint Sauce--For Ice Cream

(2:00) Serving ice cream for dinner tonight? Why not top it with a luscious Chocolate Mint Sauce? Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, sends along a recipe that is simple to prepare and mighty tasty:

CHOCOLATE MINT SAUCE

2 squares unsweetened chocolate
1 cup cold water
1 1/2 cups sugar
1/2 cup light corn syrup
2 tablespoons butter
1 teaspoon vanilla
1 teaspoon peppermint extract

Grate the chocolate or break it into pieces. Add the water and stir over direct heat until smooth and thick. Add the sugar and syrup and stir until dissolved. Boil 3 minutes, then add butter, vanilla, and peppermint extract.

Pour over vanilla or chocolate ice cream while still warm. If you wish, top with chopped nuts or a combination of chopped nuts and candied fruits.

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Safe Living--What Does It Mean?

(:20) Education for safe living has the same aim as education for all satisfactory living. When we use the right ways of teaching a child to be safe, we are helping him learn to be self-reliant, cooperative, and responsible. These are qualities every parent wants for his child. They are the same qualities our society needs in its citizens.

From Metropolitan Life Insurance Company pamphlet, "Health Bulletin for Parents."

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FOR BROADCAST THURSDAY, NOVEMBER 25, 1948

Home Calendar

(2:15) CLAY COUNTY 4-H Club Achievement Night Friday, November 26, 7:30 p.m. The meeting is scheduled for the Community Gymnasium, Louisville, Illinois. Parents and friends of club members and leaders are invited to attend.

MENARD COUNTY Rural Youth Dance Friday, November 26, 9-12 p.m., Menard County Farm Bureau Auditorium, Petersburg, Illinois. Frankie Leonard's Orchestra of Springfield, Illinois, is scheduled to play, and Rural Youth members from other counties are invited.

LEE COUNTY 4-H Club Recognition Night Friday, November 26, 7:30 p.m. The meeting is scheduled for the Farm Bureau Auditorium, Amboy, Illinois. Club members will speak,and camp activities will be discussed, the year's club work summarized, and certificates and awards presented.

MASON COUNTY 4-H Club Achievement Program Friday, November 26, 1:30 p.m. The meeting will be held in the Lawford Theater, Havana, Illinois, and admission will be by ticket. The Havana Chamber of Commerce is sponsoring the program, and each member is invited to bring a guest.

COLES, JASPER, and CUMBERLAND COUNTY Home Bureau women are sponsoring a bus tour to Chicago November 26-28. Included in the tour are visits to the Mum Show and the Breakfast Club.

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FOR BROADCAST THURSDAY, NOVEMBER 25, 1948

Your Thanksgiving Turkey--Roasting Time and Temperature

(2:30) If you're serving Thanksgiving dinner today, no doubt you have the turkey ready for the oven--dressed, stuffed and trussed. Now comes the question of how long to roast it, and at what temperature.

To save you time in checking charts and recipes, here's the information you'll need, and it comes from an expert--Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. First of all, Miss Cook reminds us to keep the roasting temperature low--300-325° F.--for best results. The bird will be better in flavor and appearance, and we'll have less shrinkage and less loss of the meat juices than if a higher temperature is used.

Roasting time depends on the oven weight of the bird--dressed and stuffed. If the turkey weighs from 8 to 10 pounds set the temperature gauge at 325° F. and roast for 3 to 3 1/2 hours, allowing 25 to 20 minutes per pound--the longer period of time per pound for the smaller bird.

If the turkey you have selected weighs 10 to 14 pounds--oven weight--allow 3 1/2 to 4 hours--20 to 18 minutes per pound. If you're roasting a heavier bird--one weighing 14 to 18 pounds--oven weight--reduce the oven temperature to 300° F. Allow 4 to 4 1/2 hours for roasting--18 to 15 minutes per pound.

It is a wise plan--when dinner is set for a definite hour--to start the bird about 30 minutes ahead of schedule to avoid delay. Differences in individual birds may make it necessary to increase or decrease the cooking time slightly. Then, too, the bit of additional time allows for removing the trussing cords, making gravy and arranging the bird on the serving platter.

To test for doneness, press the fleshy part of the drumstick with the fingers--protecting them with cloth or paper. The turkey is done if the meat feels soft. Or move the drumstick up and down. If the leg joint gives readily or breaks, your turkey is done.

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FOR BROADCAST FRIDAY, NOVEMBER 26, 1948

Home Calendar

(2:15) PERRY COUNTY Farm Record Meeting Monday, November 29, 1:30 p.m., City Hall, Pinckneyville, Illinois. Mr. Charles Best is scheduled to speak, and the meeting is open to everyone interested in farm records. A committee of three is especially invited from each township in the county.

COLES AND CUMBERLAND COUNTY Home Bureau is sponsoring an open meeting on Money Management Tuesday, November 30, 10 a.m. to 3 p.m. The meeting will be held at Eastern Illinois College, Charleston, Illinois, and Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, will present the program.

LEE COUNTY Home Bureau Officers' Training School Tuesday, November 30, 9:30 a.m. to 3 p.m. The school will be held at the Farm Bureau Auditorium, Amboy, Illinois. All unit executive officers in the county are expected to attend. Miss Mary Louise Chase, of the Home Economics Extension staff, University of Illinois College of Agriculture, will conduct the meeting.

DEWITT COUNTY Thirteenth Annual Home Bureau Meeting Tuesday, November 30, 10 a.m. The meeting will be held at the Christian Church, Wapella, Illinois. Miss Myra Robinson, president of the Illinois Home Bureau Federation, is the speaker for the occasion. Miss Gertrude Kaiser, University of Illinois Home Economics Extension staff, will bring greetings from the University.

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FOR BROADCAST FRIDAY, NOVEMBER 26, 1948

Freeze Left-Over Turkey--Serve It Later

(2:00) There is no need to keep on serving left-over turkey until every member of the family tires of it. A much better plan these days is to freeze it and reserve it for a later date.

Dr. Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture, says that they have frozen chicken a la king in the laboratory and stored it successfully for a period of several months. She suggests that you use your favorite recipe for preparing turkey a la king.

Guard against overcooking, keeping in mind the fact that the food must be reheated for serving. As soon as the turkey a la king is cooked, cool it quickly to room temperature. Place the utensil in a large pan of ice water or cold running water, stirring occasionally to hasten the cooling. Package carefully, using moisture and vapor-proof cartons or containers and leaving space--1/4 inch for pints, 1/2 inch for quarts--at the top of the carton for expansion during freezing.

Freeze the turkey immediately--either in the home freezer or in the freezer locker. If there should be delay, store the cartons in the refrigerator, but do not leave them there longer than two or three hours. Write the date of preparation on the carton so that you will not store it for too long a period of time.

Storing longer than six months is not recommended. Some fats tend to become rancid after a few months, and with all foods there is a gradual loss of flavor, aroma and natural texture.

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Safe Walking--Here's How

(:15) The National Safety Council reminds us that SAFE WALKING PAYS! Streets are crowded these days. Don't leave the curb until you have plenty of time to get all the way across before approaching traffic can reach you. OBEY TRAFFIC SIGNALS AND SIGNS! TAKE TIME TO BE SAFE!

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FOR BROADCAST SATURDAY, NOVEMBER 27, 1948

Home Calendar

(:45) STARK COUNTY Home Bureau Tour to Chicago, Friday, December 3. The program for the day includes visit to the Chrysanthemum Show, shopping, dinner at "Bit of Sweden," and the Ice Show at the Stevens Hotel.

DOUGLAS COUNTY Home Bureau Antique and Hobby Show, Friday, December 3, 9 a.m. to 9 p.m. The show will be held in the Grade School Gymnasium, Arcola, Illinois, and you are invited to attend. There will be exhibits, a snack bar, and a special program.

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Books for Christmas--Here Are Suggestions

(1:15) The 1948 edition of "Books for Pleasure and Profit" by Professor Anne M. Boyd, University of Illinois Library School, is ready--and in time to help with your Christmas shopping. As usual it lists books for the whole family--from the tiny tot to grandfather and grandmother.

For the past few years, Professor Boyd has prepared the mimeographed booklet for the University Extension Service in Agriculture and Home Economics. This year she lists books on some of the great issues of today, good stories well told, books on the personal side, and books about other places and people.

In the "youth" section, her selections range from the picture-story age through the six to nine group, the middle group--nine to fourteen--and the high school age group. Best of all, Professor Boyd gives information about the content of the books and lists publishing companies and prices. For your copy of "BOOKS FOR PLEASURE AND PROFIT," by Professor Anne Boyd, write to the University of Illinois College of Agriculture, Urbana, Illinois.

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FOR BROADCAST SATURDAY, NOVEMBER 27, 1948

Your Kitchen Fan--Keep It Clean for Efficient Work

(1:00) If your kitchen is ventilated by an electric wall fan, make it a rule to clean it regularly. Grease and dirt are bound to accumulate on the blades and on the outside opening as it is used. Unless removed, they will decrease the efficiency of the equipment.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, warns that the electric fan should be disconnected before cleaning. This precaution is for your own safety. Once the fan has been disconnected, wipe the fan and the surrounding wall with a clean dry cloth.

If soil persists on the blades and the outside opening of the fan, moisten the cloth in kerosene. Do not attempt to use water in cleaning the fan. It will not dissolve the grease, and there is danger of getting it into the motor and causing damage.

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Homemakers Are Purchasing Agents--Need to Study Their Job

(1:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that every homemaker is a purchasing agent. Her place in the business organization of the home is of first importance. In addition, her position is important in the whole field of buying.

It has been estimated that the women of the United States buy half of the house furnishings, three-fourths of the raw food materials, and nine-tenths of the dry goods. We need to think seriously of what these huge purchases mean not only in terms of our own budget, but in terms of other homes, other communities and other countries.

Intelligent purchasing is not easy. The many commodities in the market, the numerous grades and sizes of each, variation in packaging, variation in price from market to market, all serve to complicate the job. Each homemaker needs to study the needs of every member of her family. She needs to be informed on local supplies, quality in relation to price, grades, cost of advertising and special services. She needs to know how to interpret all of these things and many others in terms of the family budget.

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FOR BROADCAST MONDAY, NOVEMBER 29, 1948

Home Calendar

(2:15) JERSEY COUNTY Home Bureau Annual Meeting Wednesday, December 8, 10 a.m. to 3 p.m., Methodist Church, Jerseyville, Illinois. Mrs. R. E. Milligan, music chairman, Illinois Home Bureau Federation, is the speaker for the occasion. The program will include special music, and reports of the various county committees will be given. Luncheon will be served at the noon hour.

ST. CLAIR COUNTY Home Bureau Family Night Wednesday, December 8, 6:30 p.m., Dupo High School, Dupo, Illinois. This is a countywide meeting and a special program has been planned. Professor H. F. Gilbert, University of Illinois College of Agriculture, will discuss farm development. Mrs. Melvin Corn, New Athens, county recreation chairman, will be in charge of the "fun" part of the meeting. Her program includes community singing, stunts and games. A potluck supper is the order of the evening.

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NATIONAL HOME DEMONSTRATION AGENTS MEETING November 29-December 2, Stevens Hotel, Chicago. Home advisers from many Illinois counties are planning to attend. Program includes addresses by M. L. Wilson, director of Federal Extension Service; Dr. Esther McGinnis, Merrill Palmer School, Detroit; and Mrs. Lydia Lynde, family life specialist, U.S.D.A. Extension Service.

ILLINOIS STATE NUTRITION CONFERENCE December 3-4, Centennial Building, Springfield, Illinois. This is an open meeting, and everyone interested in nutrition problems and school and community nutrition programs is urged to attend. Sessions open at 1:30 p.m. Friday and close promptly at 12 noon Saturday.

Dr. George Wakerlin, head of the department of physiology, University of Illinois Medical College, is speaker for the Friday evening session. His topic will be "Nutrition in Relation to Diseases of the Heart and Condition of the Blood Vessels." This is your nutrition conference. You are invited to attend.

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FOR BROADCAST MONDAY, NOVEMBER 29, 1948

Tree Nuts Are in Good Supply--Prices Reasonable

(1:00) If you're keeping a close eye on food pennies these days, don't fail to tuck a pound or two of nuts into your market basket occasionally. There is plenty in the way of variety at your local grocers, and there are dozens of ways you can turn these fine nuts to good account in everyday menu plans.

According to the United States Department of Agriculture, the crop of tree nuts is better than usual this season. The total crop of pecans, almonds, walnuts and filberts is 63,000,000 greater than a year ago. From South America, Brazil nuts are arriving in shipments fully adequate to meet the demand.

Important to every buyer of foods and planner of meals is the news on prices. Brazil nuts are expected to be about one-third less per pound than a year ago. Almonds, too, are expected to be considerably cheaper than in 1947. Pecans--which make up one-third of the total domestic nut crop this fall--will also be more reasonable in price.

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hristmas Cards--Why Not Fashion Your Own?

(1:00) Making Christmas cards is not difficult, and it an be fun. Best of all, it gives one the opportunity to personalize hem--make them extraspecial--and it does save shopping time. Why ot try making some of your cards this year?

Block printing is one of the easiest of devices to use, nd there is no limit to the variation in design and color which can e worked out. If you want information on block printing, send for a opy of "Adventures in Block Printing."

Miss Marion Kaeser, home furnishings specialist, University f Illinois College of Agriculture,has prepared the mimeographed leaflet for distribution. She has included a list of the supplies you'll eed, along with directions for cutting the block and doing the printing. Single copies will be mailed on request. Write to the University f Illinois College of Agriculture, Urbana, Illinois.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, NOVEMBER 30, 1948

Home Calendar

(:45) MERCER COUNTY Home Bureau Antique and Hobby Show Wednesday, December 8, 1:30 p.m. to 7:00 p.m., Presbyterian Church, Aledo, Illinois. The program will include a Pre-Christmas Style Show. Aledo merchants will supply the fashions--the garments for modeling--and home bureau women will model.

IROQUOIS COUNTY meeting on "Farm Law Problems" Wednesday, December 8, 7:30 p.m., Watseka Community High School, Watseka, Illinois. Professor H. W. Hannah, department of agricultural economics, University of Illinois College of Agriculture, is the speaker for the occasion.

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Diphtheria and Whooping Cough--Preventable Diseases

(1:00) Diphtheria and whooping cough--two of childhood's greatest enemies--have received severe setbacks in Illinois so far this year. This is undoubtedly due to extensive immunization programs. Let's keep up the good work.

Dr. Roland R. Cross, state director of public health, says that the control of both diphtheria and whooping cough depends upon the immunization of infants and young children. The incidence of these diseases always rises with the coming of winter months. Parents are urged to have their children protected against these infections as soon as practicable.

The vaccines for both diphtheria and whooping cough immunizations are available to any Illinois physician, without charge, from the state department of public health or through any local health department. Contact your family physician or your local health officer for information.

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FOR BROADCAST TUESDAY, NOVEMBER 30, 1948

Self-Pity--It Should Have No Place in Family Circle

(1:00) Miss Margueritte Briggs, child development and parent education specialist, University of Illinois College of Agriculture, reminds us that self-pity has no rightful place in the scheme of things these days. No family member should become a human sacrifice for others. What we do should be done in the name of love and respect, but not because duty demands it.

Why this statement? What's the reason for it? According to Miss Briggs, our own attitude is bad when we do something because we feel that we HAVE TO DO IT. Parents have a right to certain privileges, time, energy, and materials to use for their own satisfactions. CHILDREN RESPECT PARENTS WHOM THEY HAVE NOT BEEN PERMITTED TO WALK ON.

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First Aid--For the Church Bazaar

(1:15) Looking for an answer to the problem "what to give to the church bazaar or fair? Aprons are handy items and make welcome gifts--particularly if they are a bit unsual in pattern or design.

The University of Illinois leaflet, "Aprons for Kneeling Jobs--Indoors and Out," carries plenty of gift ideas. It illustrates two types of aprons, both easy to make.

The apron with a kneeling pocket is a two-purpose item. When you are ready to get down to earth--or the floor--simply unbutton the apron's spacious pocket. Turn the pocket inside out and over the knees and you're fully protected. When the kneeling job is finished, fold up the pocket, fasten it, and you have a real pocket--a handy place to tuck away gloves, seed packets, or other items that might get lost.

The knicker apron with padded knees is comfortable for any number of jobs that combine kneeling with active work. The apron is held in place with fastenings behind the knees.

Directions for making both of these aprons are listed in the leaflet. In addition, charts are given from which you can make your own patterns. For your copy of "Aprons for Kneeling Jobs--Indoors and Out," write to the University of Illinois College of Agriculture, Urbana, Illinois.

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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, DECEMBER 1, 1948

Care of Hats--For Men

(2:00) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, recommends brushing men's hats every day--just as you brush suits and overcoats. But there's a right way and a wrong way to do the brushing. BRUSH THE CROWN AND BRIM COUNTERCLOCKWISE--FOLLOWING THE NAP.

When you get home for the evening, brush your hat, turn up the brim all around, and take the crease out of the crown. This serves to keep the sides in shape.

If your hat gets rained on, take the crease out of the crown, roll up the brim, and dry it away from the heat. When it is dry, brush it thoroughly, using a hat brush or a piece of fabric to remove the rain spots.

Remember, too, that your hat absorbs perspiration and oil. It is wise to give it a rest so that they can dry out. Very often the band can be cleaned--with a cleaning fluid--if the cleaning is done before the hat becomes too soiled. BE SURE TO SELECT A CLEANING FLUID THAT IS NOT FLAMMABLE. The wise plan is to use it out of doors or in a well-ventilated room so that the fumes will escape rapidly.

Turn the band away from the hat and work from the inside, or wrong side, of the band. Applying the solvent to the wrong side of the band tends to wash out the soil and prevents it from going through the band and staining the hat.

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FOR BROADCAST WEDNESDAY, DECEMBER 1, 1948

Cooking Sausage? Slow and Steady Is Rule

(1:15) Slow and steady is the rule to keep in mind when you cook sausage. Not only does this method give the best flavor, but it keeps the product tender and "right" in texture, and reduces waste.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says that by keeping the heat low you can cook the sausage thoroughly without drying it or scorching it. Then, too, slow cooking keeps the fat in the meat from reaching the smoking point, where it becomes less digestible and changes flavor.

Link sausage and sausage patties may be pan-fried or oven-cooked. Cooking sausage in the oven takes longer, but it is convenient and economical if the oven is being used for other foods. But--whatever method you use--remember that all pork should be cooked to the well-done stage.

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A Reminder--Your State Nutrition Conference

(1:00) Keep in mind the dates for your State Nutrition Conference--December 3-4, 1948, Centennial Building, Springfield, Illinois. Outstanding speakers have been scheduled, and community nutrition programs and school lunch problems will be up for discussion. There will be exhibits, and books, pamphlets, and charts will be on display. Nutrition films will be run in order to give you a chance to decide about using them in your community.

This is your Nutrition Conference. If you are interested in the work in your community, plan to attend. Nutrition is a problem that concerns each one of us. It is important to every family in every community in the state. The conference--scheduled for December 3-4, 1948, Centennial Building, Springfield--is open to everyone who is interested in nutrition work.

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EH:pm

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, DECEMBER 2, 1948

Buying Toys? Keep Safety of Child in Mind

(1:15) This year Santa's pack has a record-breaking $300,000,000 worth of toys--a 20 percent increase over 1947. This is good news, indeed, for parents of young children and all other assistant Santas. However, the good supply does not reduce the importance of careful selection.

The National Safety Council points out that the safety of the child deserves first consideration. Tragedy can result from toys that are not safe. For example, tiny tots should not be given stuffed animals, dolls or toys with parts that can be pulled off and poked into the mouth. Thought should be given to the paint or finish on the toys and to the material from which animals and dolls are made.

Only toys that are sturdy and well made deserve a place in Santa's pack. Toys that are fragile--break easily--may cause a bad fall or a cut or a splinter infection. Toys with sharp edges or sharp points are not safe gifts for young children.

If you have a bicycle on your shopping list, check with traffic authorities about the requirements for lights and signals. Be sure the bicycle you give is fully equipped. Be sure, too, that the youngster who receives it knows the safety rules for bike-riding.

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FOR BROADCAST THURSDAY, DECEMBER 2, 1948

Flavor Tricks--For Apple Baking

(1:15) Baked apples are favorites, and they belong on the easy-to-prepare dessert list for these busy days. Tucked into the oven along with the roast or the main-course baked or scalloped dish, they need no extra attention.

For extragood flavor, fill the centers of the apples with orange marmalade before you send them to the oven. Or, if you prefer, use cherry preserves, currant jelly, or a mixture of chopped dried fruit and nuts in place of the marmalade. Another favorite way is to stuff the centers with crushed pineapple and pour a goodly portion of the pineapple juice over them.

Instead of always serving baked apples with cream, try a lemon or vanilla sauce as the topping. A thin custard sauce is another favorite. When you top the baked apples with whipped cream, flavor the cream with mint or a few drops of grenadine.

Another suggestion--and a fine one for the holiday season--is to fold a portion of crushed peppermint-stick candy into the cream about 10 minutes ahead of serving time. This allows the flavors to blend and makes the dessert even more delicious.

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hristmas Seals--Your Pennies Will Help

(1:00) It is Christmas seal time, and every penny you give ounts mightily. The money received from the sale of the tiny seals inances the year-round campaign--including the FREE CHEST X-RAY serv-ce--to protect you, the members of your family, and others from tu-erculosis.

Tuberculosis can be cured but--better still--tuberculosis an be prevented. Tuberculosis is preventable because every person ho has this disease can find it--by CHEST X-RAY--before the conta-ious stage has been reached.

The best protection against tuberculosis parents can give heir children is to make sure that EVERY ADULT around them has had a HEST X-RAY and is free from this contagious disease. CHRISTMAS SEAL ENNIES will help to give that protection.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, DECEMBER 3, 1948

Deviled Oysters--Fine for Luncheon or Supper

(1:30) There is no doubt about it, many folks prefer oysters au natural--raw from the shells. On the other hand, there are those who prefer them cooked. If you cast your vote in favor of cooking, then we suggest Deviled Oysters. It's a fine dish for either luncheon or supper.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests this method of preparation: Select large, first-quality oysters, allowing from four to six per serving, depending on the appetites. Poach the oysters in their own liquor--keeping the heat low--until the edges begin to curl. Then drain them immediately.

Prepare a cream sauce, using the oyster liquor and a good portion of fresh cream. Thicken very slightly--it should be the consistency of cream--and season to taste. Salt is a "must," but other seasoners are needed to satisfy most tastes. Add a few sprigs of parsley, finely minced, a small portion of grated onion, and just a trace of nutmeg.

Combine the sauce with the oysters, turn the mixture into individual casseroles or baking shells, and top very lightly with fried breadcrumbs. Place in the oven--350° F.--for a few minutes before serving. Caution: Keep the temperature moderate, and do not permit them to boil.

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FOR BROADCAST FRIDAY, NOVEMBER 3, 1948

The Food Budget--Suggestions for Keeping It in Line

(1:30) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, reminds us that we can have a healthful diet even though our food budget is just average--or even slightly below. Meals may not have so much variety, but with careful planning and cooking they will be enjoyable.

Leafy, green, and yellow vegetables, for example, give good values in minerals and vitamins. Choose those that are in season--they're generally cheapest when most plentiful. Carrots are always good bargains and can be served raw or cooked.

Make good use of the not-so-tender leaves of cabbage, the coarser stalks of celery and the celery leaves. Use the outer leaves of the head of lettuce and the coarser sprigs of parsley. These all contain valuable nutrients as well as good flavor.

When citrus fruits are high in price, use canned tomatoes or tomato juice to get your supply of vitamin C. Remember that it takes about twice as much tomato juice as orange or grapefruit. Canned orange and grapefruit juice are often less costly than the fresh fruits. Raw cabbage and salad greens are also good sources of vitamin C.

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Wool Plus Fur Calls for Extra Care

(1:00) Fur-trimmed coats are very much in the news this season. They seem to belong to the gay-nineties trend so evident in the fall and winter fashion picture, but they do call for special care

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says to protect the garment from rain and snow as much as possible. If your fur-trimmed coat does get wet, shake the moisture out of the fur and dry the garment away from the heat.

When the garment is dry, carefully brush the wool fabric and shake the fur trimming to restore its fluffiness and depth. If, however, the moisture on the fur has penetrated to the skin, the garment should be taken to an expert furrier to be treated to prevent drying out.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, DECEMBER 4, 1948

Home Calendar

(1:00) EDGAR COUNTY 3rd Annual Home Bureau Bazaar today, Saturday, December 4, from 9 a.m. to 7 p.m., the Armory, Paris, Illinois. The bazaar will feature a toy shop, country store, and a sale of handmade gifts. The food counter will open at 11 a.m. and service will continue until 7 p.m.

WASHINGTON-PERRY COUNTY RURAL YOUTH Chorus Christmas Program Sunday, December 5, at 4 p.m. Evangelical Church, Pinckneyville, Illinois. The program is under the direction of Mrs. Lois Armstrong. An offering will be taken for the local hospital. On Sunday, December 12, at 7:30 p.m. the chorus will present the program in Nashville, Illinois. An offering will be taken for the Sister Kenny Foundation.

LAKE COUNTY Rural Chorus Christmas Program Monday, December 6 8 p.m. Stafford School.

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FOR BROADCAST SATURDAY, DECEMBER 4, 1948

Cheese and Tomato Toast--Fine Tasting and Quick to Prepare

(1:00) Want a quick-to-prepare main course for supper tonight? We suggest Cheese and Tomato Toast. Include a generous serving of fruit salad and a hot beverage and your menu will be complete.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests this quick, easy method of preparation. Prepare a cream sauce, using 2 tablespoons of flour, 2 tablespoons of butter and 3/4 cup of milk. Season to taste with salt and pepper, and add 1/2 teaspoon of dry mustard.

Add 1 cup of tomato juice to the cream sauce, mixing it thoroughly. Blend in 2 cups of cheese, grated or cut fine. Heat thoroughly--do not permit the mixture to reach the boiling point--and serve on crisp toast. If budget permits, serve crisp bacon strip 'longside.

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Cookies--For Giving and Keeping

(1:00) Planning to make cookies for the holidays? If so, perhaps you'll want recipes, along with suggestions for decorating the cookies and for storing them. Why not send for a copy of the University of Illinois leaflet, "COOKIES FOR ALL OCCASIONS"?

This publication has 27 well-tested recipes with detailed directions for assuring success, whether it is mother or daughter who does the measuring, mixing, and baking. It includes recipes for dropped cookies, spread cookies, rolled cookies, ice-box or refrigerator cookies, and cookie-press cookies. In addition, there are six recipes for cookies from other lands, and directions for decorating cookies and for storing them.

For your copy of "COOKIES FOR ALL OCCASIONS," write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, DECEMBER 6, 1948

Pressing Pointers--For Woolens

(1:30) This season many of the light-weight woolens are taking to the tub--especially those worn by the "younger fry." A beautifully washed garment deserves a good job of pressing to add the perfect finish.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says pressing wool garments is not a difficult job, provided you keep a few rules in mind. Equipment is of first importance. The ironing board should be well-padded and smooth. The iron should be moderately hot. A too-hot iron will scorch the wool fibers.

A good press cloth should be used--damp muslin sheeting for ordinary weights of material, and light-weight canvas, or a similar material, for heavier fabrics. The canvas should be sponged damp.

Use a light touch with the iron, and do not hold it in one place until the material dries. To move the iron on the material, lift it instead of shoving it. When pressing seams, use a strip of paper under the seam edge to prevent a line or mark on the right side of the garment.

Stop pressing before the material is quite dry. Place the garment on a shaped hanger which will let it dry in natural lines. Pressing dry tends to make the fabric shine.

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FOR BROADCAST MONDAY, DECEMBER 6, 1948

Christmas Shopping--Let's Do It Safely

(1:00) If you're using the family car for your Christmas shopping, be sure to take your "safety sense" along. Streets and highways are crowded and everyone--pedestrians as well as drivers--seems to be in a hurry and not too attentive.

The National Safety Council says that December is the most tragic month of the whole year, so far as traffic accidents are concerned. So be on the alert for rushing, unthinking pedestrians, and for other drivers who may not be so careful as you.

Make it a rule to allow plenty of time for the drive to the shopping center and home again. Check your lights--dusk comes early--and know your brakes. BE SURE YOU CAN STOP IN TIME.

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Your Carpet Sweeper--Give It the Care It Deserves

(1:00) In most homes the carpet sweeper will be working overtime from now until after the holidays. Gift-making, parcel-packing and wrapping, and holiday decorations always seem to create a great deal of litter--which the carpet sweeper can remedy in a very few minutes.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, reminds us that the carpet sweeper brush should be cleaned frequently. Strings and tinsel and lint, when allowed to collect, will cause the brush to mat. If necessary, cut them with the scissors and then clean the brush with a metal comb.

It's a good plan to empty the dustpans after each use. If you store it without emptying, the dirt and dust will drop onto the brush and then on the carpet the next time you sweep.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, DECEMBER 7, 1948

Abraham Lincoln Food Train--Let's Help Load It

(1:15) Illinois' Abraham Lincoln food train will leave the state December 22. Church and farm groups have set as a goal 300 carloads of food. Here is our opportunity to help make the winter just a bit easier for some of our neighbors overseas.

What can you do? How can you help? Whole grains and soybeans are needed, along with livestock, dairy products, and other farm commodities. If you cannot give one commodity, another will be accepted. Items that cannot economically be shipped will be converted into a commodity that can be exported. In lieu of gifts in kind, cash will be accepted.

The goal--300 carloads of food--can be met only if EVERYONE gives. No contribution will be considered too big, none too small. This is our Illinois Friendship Train. Let's help load it. December 22 is the day it leaves the state. If you need information, get in touch with your county farm adviser or the pastor of your church.

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Drive Carefully--Take Time to Be Safe

(:15) The National Safety Council reminds us that darkness creates a special kind of traffic hazard. Reduced visibility, fatigue, pedestrians' not realizing they cannot be seen--these are some of the things that make driving more hazardous at night. Reduce your driving speed as darkness comes. Be sure of your brakes. Take time to drive safely.

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FOR BROADCAST TUESDAY, DECEMBER 7, 1948

Your Clothes Hangers--Select Them with Care

(1:15) If you want to keep your wool garments looking neat and trim, use the right kind of hangers. Carelessness in hanging--using hangers not suited to the garment--is one of the chief causes for wool clothes losing their shape and requiring frequent pressing.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says it is of first importance to see that the shoulders of the garment are set properly on the hanger. Wide-shouldered hangers that will allow the garment to hang in natural folds should be used for suits and coats. Extra-wide hangers are available for men's clothing.

Suit hangers for men should have trouser bars wide enough to prevent a horizontal crease across the garment. Hanging trousers from the cuffs is even a better way to retain the proper crease.

Wooden or covered hangers for women's and children's dresses should be wide enough to extend across the shoulders to both sleeve seams so that the garment will hang evenly. A skirt hanger that holds the skirt by the band, letting it hang straight, eliminates creases.

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"Honesty Is the Best Policy"

(:15) Miss Margueritte Briggs, child development and parent education specialist, University of Illinois College of Agriculture, suggests that we watch the example we set. Children learn more from examples than in any other way. They learn how we feel much better than what we say about right and wrong.

"Honesty is the best policy" in family life as elsewhere. We have to play the game fairly in order to gain respect and confidence.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, DECEMBER 8, 1948

Peanut Butter Is a Good Buy--Ways to Use It

(2:00) Peanut butter is on the plentiful list again this month. It's thrifty from the price standpoint, and it contains valuable nutrients. Many busy homemakers find it a good plan to keep an extra jar or two on their emergency shelf.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that peanut butter is a good companion for any number of foods. For a delicious sandwich filling, moisten it with a bit of cream or mayonnaise and blend in chopped left-over bacon.

Peanut butter plus chopped raisins or dried prunes makes a fine sandwich filling. Thin the peanut butter with cream or milk before you add the fruit. Peanut butter blended with an equal measure of ripe banana is another favorite, especially when used on whole wheat or Boston brown bread.

To add extra flavor to plain muffins and cup cakes, substitute peanut butter for part of the fat. A tablespoon or two of peanut butter blended into the powdered sugar icing for a cake makes it extraspecial. Add the peanut butter to the sugar, and blend in the liquid gradually.

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FOR BROADCAST WEDNESDAY, DECEMBER 8, 1948

Making Gifts? Why Not Use Materials at Hand?

(1:00) If you are planning to make gifts this Christmas, why not be thrifty and use materials at hand? Fabrics, for example, can be renovated and made usable. Very often a good dye-bath will turn the trick.

If you want information on dying fabrics, send for the University of Illinois leaflet, "DYEING USED FABRICS," by Miss Edna Gray, clothing specialist. It gives directions for selecting the dye according to the fabric, tells how to prepare the material for dyeing, and lists the equipment you'll need.

In addition, the leaflet has charts showing which colors can be dyed over others and which ones cannot. It carries information on tinting, softening harsh colors, and top dyeing or dyeing one color over another.

If you wish a copy of "Dyeing Used Fabrics," write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

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Griddle Cakes That Stick--Here's a Tip

(1:00) Golden brown griddle cakes are "first choice" with many families these chill winter mornings. They are quick to mix and can be baked in a jiffy--provided they don't stick to the griddle. When they do happen to stick, there's trouble aplenty.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says griddle cakes call for an iron or flat surface that has been heated gradually and evenly. An iron that is heated too fast--and over a small flame--will be hot in some spots and cold in others. Then, too, the cakes will stick as readily to a surface that is too hot as to one that is too cold.

If 2 or more tablespoons of melted fat are used in the batter for each cup of liquid, the cakes can be baked on an ungreased iron or aluminum griddle without sticking. Turn the cake only once and wait until the top has dried out slightly before turning.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, DECEMBER 9, 1948

Glass Etching--Another Christmas Gift Idea

(1:00) Wouldn't you appreciate half a dozen water glasses or tumblers for Christmas? No doubt some of your friends would, too, especially if the glasses carried their monogram or some other attractive design. Glass etching is a fascinating craft and one that is simple and easy to do.

If you want directions for etching glass, send for the mimeographed leaflet prepared by Miss Marion Kaeser, home furnishings specialist, University of Illinois College of Agriculture. The directions are very complete and are clearly stated and easy to follow.

In addition to directions for doing the etching, Miss Kaeser has included a list of the equipment and supplies you'll need, along with suggestions for monogram arrangements. For your copy of "Glass Etching," write to the University of Illinois College of Agriculture, Urbana, Illinois. Single copies will be mailed on request.

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New Life for Old Leather--Here's How

(:30) Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, suggests that we reuse old leather. Articles that are of no use as they are may be well worth making over.

The first step is to rip them apart. These smaller pieces can be thoroughly cleaned and polished--even dyed if necessary. They can then be made into something usable--belts, small pocketbooks, palms for mittens, soles for bedroom slippers.

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FOR BROADCAST THURSDAY, DECEMBER 9, 1948

Eggs--Consider Quality in Buying

(1:00) "Know the Eggs You Buy" is a good rule to keep in mind. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says consumers should read the label, consider weight, and consider quality.

There seems to be no difference in food value between eggs of the different qualities. However, there may be differences in flavor and palatability. Usually there are also differences in prices and the uses made of the eggs.

For instance, the higher quality, more expensive eggs have firm whites and upstanding yolks. These are especially desirable for poaching, frying, and cooking in the shell.

Eggs of the two lower grades may be used to advantage as scrambled eggs, in baking, and in preparing sauces and salad dressings. Many thrifty women find that it pays to buy Grade B or Grade C eggs for general cooking purposes.

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Parsnips and Apples--They're Good Teammates

(1:30) Looking for a casserole dish that is a bit unusual and yet extra fine in flavor? Try parsnips and apples baked until tender and lightly browned. It is a dish that is especially good with roast pork or baked pork chops and can go into the oven along with the meat.

Arrange layers of sliced apples and parsnips in a baking dish. Sprinkle each layer very lightly with brown sugar or granulated. Add salt to taste and moisten with orange juice. Add a bit of the grated orange rind for extra flavor. Dot with butter and bake approximately 1 hour at 325° F., or until the parsnips and apples are tender. It is a good plan to cover the dish during the first half of the baking period.

When your menu calls for a one-dish meal, top the apples and parsnips with sausage cakes. Brown them well before you add them to the dish. Strips of bacon or thin slices of ham may be used instead of the sausage. (When meat is used, omit the butter from the recipe.)

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, DECEMBER 10, 1948

Orange Muffins--For Afternoon Tea

(1:30) Afternoon teas seem to go hand in hand with the holiday season. If you are entertaining and want to keep the accompaniments simple and easy to serve we suggest Orange Muffins.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says no special muffin recipe is needed. Use your basic recipe for plain muffins, and substitute 6 tablespoons of orange juice for 6 tablespoons of the milk. Add 1 tablespoon of grated orange rind for extra flavor, and bake in tiny muffin tins.

Another delicious variation is Spiced Muffins. Use your basic recipe for plain muffins, and with the flour sift 1/4 teaspoon each of ginger, cinnamon, cloves, and allspice. If you wish a richer muffin, add an extra tablespoon each of sugar and fat to the recipe.

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Christmas Seals--Let's Not Forget Them

(:15) Christmas seals on letters and packages carry a message of hope and good will. Let's use them and send our pennies to headquarters to help in the fight against tuberculosis.

Tuberculosis is preventable because every person who has this disease can find out about it--by CHEST X-RAY--before the contagious stage has been reached. Christmas seal pennies help to finance the year-round campaign--including the FREE CHEST X-RAY SERVICE.

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FOR BROADCAST FRIDAY, DECEMBER 10, 1948

Christmas Shopping--Take It Easy

(1:00) Struggling with Christmas shopping crowds--and packages--really wears one down, doesn't it? Well, that's bad--for a reason you may not have remembered.

The National Safety Council points out that FATIGUE is an accident maker. It's a contributing cause to many pedestrian accidents. So be sure to be alert--keep your eyes open and your feet sure and cautious, especially when crossing streets and boarding buses or streetcars. Be careful, too, in stepping on and off curbs.

Holiday time is a busy, crowded time. Don't overload yourself with packages--keep your vision clear. Be extracareful whether walking or driving. Don't take chances on what the other person will do. TAKE TIME TO BE SAFE.

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Caramel Corn--You Can Make It at Home

(1:30) Caramel Corn is a favorite, especially 'round holiday time. It is easy to make at home and just the thing for popcorn balls. University of Illinois foods specialists send along this recipe, just in case you haven't a tested one of your own at hand.

CARAMEL CORN

Cool 1 cup of brown sugar (well packed), 1/2 cup of Karo syrup, 2 tablespoons of butter and 1/4 teaspoon of salt until it becomes brittle in cold water, or until the mixture reaches a temperature of 270° F. Just before pouring it over the popped corn, add 1 teaspoon of soda and stir well. This mixture will cover approximately 4 quarts of popped corn or will make a dozen popcorn balls.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, DECEMBER 11, 1948

Home Calendar

(2:00) PERRY COUNTY Farm Bureau Annual Meeting Wednesday, December 15, 1948, 10:00 a.m., Capitol Theater, Pinckneyville, Illinois. Dr. W. L. Burlison, head of the department of agronomy, University of Illinois College of Agriculture, is scheduled to speak. Dinner will be served at the noon hour.

MACON COUNTY Home Bureau Local Leader Training School on "Goals for Family Living" Friday, December 17, 1948, 1:00 p.m. Home Bureau Office, 220 Federal Building, Decatur, Illinois. Mrs. Ruth Freeman, home accounts specialist, University of Illinois will conduct school.

CARROLL COUNTY Rural Chorus has scheduled two Christmas programs. The first one will be held Friday, December 17, 1948, 8 p.m., in the Savanna Methodist Church, Savanna, Illinois. The second one will be held Monday, December 20, 1948, 8 p.m. in the Mt. Carroll Methodist Church, Mt. Carroll, Illinois. A chorus of 40 voices will present the cantata "Child Jesus," Closkey Carols, and the Hallelujah Chorus. Mrs. G. H. Beacom is director of the chorus.

HENRY COUNTY Farm Bureau and Affiliated Companies Annual Meeting Tuesday, December 21, 1948, 10 a.m., Cambridge Community Hall, Cambridge, Illinois.

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FOR BROADCAST SATURDAY, DECEMBER 11, 1948

Cooky Baking Tricks--These Should Speed the Work

(2:00) It's cooky baking time! Cookies fat, cookies thin, cookies crisp, and cookies soft--all are on home baking lists. The trick is to turn out ones that are fine in flavor and attractive in a short period of time.

Rolled cookies are usually the most difficult to manage, especially for inexperienced cooks. Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says rolled cookies are not difficult, provided the dough is of the right consistency. It should be soft but not sticky, and while it must be firm enough to handle, it should not be stiffened with flour.

Chilling the dough before rolling helps to stiffen it. When this is done, very little flour is necessary. Work with small amounts of dough at a time and keep the remainder chilled. To roll the dough put it on a lightly floured board and use a very small amount of flour on the rolling pin.

Roll the dough with light, even strokes until it is 1/8 to 1/4 inch in thickness. Work quickly and handle the dough as little as possible. Cut the cookies carefully, dipping the cutter into the flour each time. Then transfer the cookies to an ungreased baking sheet using a spatula. Bake them in a hot oven (400° F.) for 10 to 15 minutes, depending on the thickness of the cookies.

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When You Do the Laundry--Keep Your Eye on the Clock

(:30) Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says to "wash by the clock," if you want good service from your machine. It will also save time, energy, and fuel.

Usually the time schedule for washing should run about in this order--5 to 10 minutes for cottons, 2 to 3 minutes for wool, and 3 to 4 minutes for silks and synthetics. By washing no longer than is necessary you will have cleaner clothes. In addition, you'll prevent wear and tear on clothes and machine as well as save time and fuel.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, DECEMBER 13, 1948

Wool Gloves Call for Washing--Here's How

(1:15) Wool gloves--both knitted and woven--call for frequent washing. Soil and perspiration weaken the wool fiber and tend to rob the gloves of some of their warmth and elasticity.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, says wool gloves call for the same care in washing as does wool hosiery. Use lukewarm water and a staple soap suds to keep the wool soft and to prevent shrinkage.

First wash the gloves--or mittens--wrongside out, then rightside out. Be careful not to rub or twist them but squeeze the suds through the material. Keep the suds heavy and, if necessary, wash them a second time in clean lukewarm water and suds.

Rinse quickly in two or more rinses of lukewarm water. Be sure all soap is removed, then squeeze dry, do not wring or twist. Place on a towel, press into shape, and dry away from the heat.

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Honey Fruit Bars--To Satisfy the Sweet Tooth

(:30) Dried fruits and nuts are plentiful and reasonable in price. Honey Fruit Bars are easy to make and mighty satisfying.

Grind in your food chopper 1 cup each of raisins, dates, and nuts. Add 1/4 cup of honey and blend thoroughly. Shape into balls an inch in diameter and roll in cocoanut, powdered sugar, or granulated sugar. These are fine to tuck into the lunch box for the perfect finish to the menu.

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FOR BROADCAST MONDAY, DECEMBER 13, 1948

Stuffed Eggs With Cheese--Good for a Hurry-Up Dinner

(2:00) You may think stuffed eggs are good only for picnics and school lunch boxes. Tuck them into a baking dish with cheese sauce and you'll have a dinner. It's a combination that can be assembled and baked in a very few minutes, provided the eggs are cooked in advance.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says to suit the size of the dish to appetites but one and one-half or two eggs per person is a good allowance. Hard-cook the eggs in advance and cool them quickly.

Cut the eggs in halves lengthwise and remove the yolks carefully. Mash the yolks with a fork, moisten with soft butter and season to taste. Salt, a dash of mustard, paprika, and a bit of anchovy paste add good flavor. Refill the egg whites and arrange in a shallow baking dish.

Use your basic recipe for cream or white sauce and prepare about 2 cups of the sauce for 4 or 5 servings. Blend in 1 cup of grated American cheese along with a dash of Worcestershire sauce and 1/4 teaspoon of mustard.

Pour the sauce over the eggs and sprinkle with buttered crumbs. Bake--uncovered--in a hot oven 400° F. about 10 minutes, or until the crumbs are browned. Guard against overcooking. Both eggs and cheese tend to become unpalatable when cooked for too long a period of time or at too high temperature.

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Vegetable Salad--Give It a Place on the Menu

(:15) Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, says there are times when a big bowl of vegetable salad just seems to hit the spot. It makes a good meal--even in winter--if you start off with steaming hot soup.

Then, too, a vegetable salad is a great convenience to use up those bits of raw and cooked vegetables that should not be thrown away. Add a tart French dressing with a bit of Roquefort cheese for extra flavor, and you'll have no complaints.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST TUESDAY, DECEMBER 14, 1948

Cookies for the Holidays--Let's Decorate Them

(2:15) Cookies will be high on the popularity list during the entire holiday season. You'll want to serve them at mealtime and for special occasions--afternoon teas, refreshments 'round the fireside, and with mid-morning coffee. Why not decorate some of them-give them a festive tone?

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says cookies are easy to decorate and very few special ingredients are needed. For example, sugar gives rolled cookies a finished appearance. Sprinkle it over the dough just before the cookies are baked. A salt shaker or spice jar will speed the job and spread the sugar evenly.

Colored sugar, tiny candies, cocoanut, candied fruits, chopped nuts, chocolate shot, and chocolate chips or bits are fine for decorating cookies. Aromatic seeds, such as caraway and poppy, may also be used. All of these, except the candies and the chocolate, may be sprinkled on top of the cookies before they are baked. Or, if you prefer, bake the cookies first and then glaze them with confectioner's icing and add the decoration.

Use the plain icing or tint it with vegetable coloring. Add the coloring with a light hand--a drop or two may be all you'll need--for color that is too vivid makes the cookies unpalatable in appearance. A combination of different colors can be used in working out decorative designs. However, guard against overdecorating. Keep the designs simple, the colors delicate, and the cookies palatable in appearance as well as in flavor.

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FOR BROADCAST TUESDAY, DECEMBER 14, 1948

Books for Preschoolers--Select Them With Care

(2:30) Books are fine Christmas gifts for preschoolers, but choosing the right book does take time and thought. There are many points to be considered in addition to the price and appearance of the book.

Mrs. Millicent Martin, Child Development Laboratory, University of Illinois College of Agriculture, says the age of the child is a very important point. His mental age, as well as his chronological age, should be considered in selecting books.

Content of the book is always important. The subject matter must be interesting to the child. His likes, his interests, his enthusiasms--all should be considered. Happenings of his everyday life-washing, dressing, sleeping, playing--are good subjects. Familiar animals, transportation, trips to the grocery store and the post office are of particular interest.

The story should be simply told--but well written--so that the thoughts will not be confusing. It should be ethically sound--presenting the true and the beautiful. There is no need to include the wrong or undesirable,such as the bad boy and his punishment.

Books with just pictures are children's first interest, so special attention should be given to the illustrations. The pictures should be artistic but on the child's level, and should have meaning for him. Bright, saturated colors are best. Pictures should be large one to a page if possible--and details should be clear.

Realistic pictures are preferred. For example, it is better to choose animal pictures that look like animals--not ones that are dressed to represent people. The "dressed-up" or "make-believe" ones confuse and bother him. They are too difficult for him to interpret. Those should come later.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST WEDNESDAY, DECEMBER 15, 1948

Toys--The Tools of Childhood

(2:00) Are you buying toys this Christmas? If you are, then please take time to select them wisely. Let's remember that play is important business for a child, and toys are his tools.

Miss Betty Jean Garlick, child development laboratory, University of Illinois College of Agriculture, says the most serious thing in all the world to a child is his play. Grown-ups often underestimate it--think of it as a needed device to keep him amused and out of mischief. Actually play is as necessary to his development as are food and rest.

If a child does not have a large number of toys, avoid buying ones that are seasonal. For instance, a sled is fine when there is plenty of snow, but has no value in summer. On the other hand, a wheelbarrow can be loaded with blocks, leaves, stones or snow. It can be used the year round. Blocks, too, have year-round value.

When a child is young, his interests are short and shifting. It is a good plan to select toys that have a wide variety of uses. Just to select a wheel toy, such as a truck, because it is attractive to the eye, is not enough. We must remember that children enjoy doing things with the truck. Add some accessories--racks, dump boxes, trailers--that can be loaded with other play materials.

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FOR BROADCAST WEDNESDAY, DECEMBER 14, 1948

Broiled Ham--For a Quick Dinner

(2:00) It's a good thing that most folks like ham, for it's an "Old Faithful" in meal-planning. Years ago our grandmothers bought a whole ham and had it to use for a number of meals. Today we buy a single slice of tenderized or boiled ham and do our best to stretch the number of servings by using other foods with it.

For a quick-to-prepare dinner, Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests that we grill or broil the ham along with vegetables and fruit halves or slices. There are any number of attractive combinations.

Ham grilled with potato slices, either white or sweet, and pineapple rings or fingers, is an attractive combination. Add another vegetable--broccoli or Brussels sprouts--or a tossed salad, and you'll have a main course that is adequate.

Another favorite is grilled ham, mushroom caps, potato puffs and carrot strips or slices. Piping hot rolls, biscuits or muffins, a favorite dessert, and a beverage will complete the menu.

If you prefer, pan-broil the ham instead of grilling it. Place the ham in a hot skillet and brown it on both sides. Cook it about 5 or 6 minutes longer--depending on the thickness of the slice--over low heat. Remove it from the skillet and keep it hot while you pan-fry the vegetables and the fruit slices.

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Pears and Cheese--Good Flavor Companions

(:15) Two kindred foods that should never be sent forth from the kitchen without each other are pears and cheese. So, when a good meal lacks a fitting finale, heap a plate with plump pale golde pears, and serve them with slices of fine-flavored cheese.

Pears plus cheese make an ideal combination for an evening snack, too. Add crisp wafers and a suitable beverage--cups of fragran full-bodied coffee, tea with lemon and a clove or two for extra flavor and you'll have no complaints.

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FOR BROADCAST THURSDAY, DECEMBER 16, 1948

Yule Tree Fire Hazards--Let's Be Cautious

(1:15) Let's use every precaution possible to prevent Christmas tree fires this season. A single spark can mean tragedy.

The National Board of Fire Underwriters points out that it is impossible to make a natural tree flameproof. For that reason you may wish to use a small artificial tree which can be flameproofed.

If your choice is a natural tree, do not bring it into the house until a few days before Christmas. At room temperature it becomes tinder dry very quickly. When you do set it up, place it in the coolest part of the room and away from heaters or fires. If it is necessary to place it near a heating stove or the fireplace, then do not use the heating unit as long as the tree is installed.

Choose a small tree instead of a big one. A small one can be as beautiful as a large one and is far less hazardous and much easier to decorate. Plan to dispose of the tree shortly after New Year's Day or even earlier. Leaving the tree up, or storing it away for later disposal, presents an additional fire hazard.

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FOR BROADCAST THURSDAY, DECEMBER 16, 1948

Making Christmas Candies? Fondant Is Good Starting Point

(2:30) If you're planning to make Christmas candies you'll want to include fondant. It is not difficult to make and it can be used in a variety of ways--as centers for bonbons, in mints and fruit rolls, or as a basis for cake icings.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says fondant should be made in advance of the time you plan to use it. When it stands from 12 to 24 hours, or is allowed to ripen, it seems to become more moist and is more plastic than when freshly made. Wrap it in wax paper and store it in a covered container for "ripening."

A correct recipe is of first importance, and for best results directions must be followed to the letter. Perhaps you have your own favorite recipe--one you've used for a number of years. If not, then we suggest that you try Mrs. Janssen's recipe. It has been laboratory tested and "home tested," and you can count on perfect fondant provided you follow directions.

FONDANT

2 cups sugar	3 tablespoons corn syrup or
1 cup water	1/4 teaspoon cream of tartar

Mix sugar, water and corn syrup or cream of tartar together. Cook, stirring until the sugar is dissolved, then boil briskly until done. If possible, use a thermometer to test for doneness. Boil to a temperature of 239° F. If you do not have a thermometer, then cook to the soft ball stage. Test for doneness by dropping a little of the syrup in a bowl of cold water.

Remove from the heat quickly and pour immediately into a cooling dish. DO NOT SCRAPE THE PAN. Cool undisturbed until the syrup reaches a lukewarm temperature or 104° F. on the thermometer. Beat until the mixture becomes white and solid enough to handle; then pick it up and work it with your hands until all lumps have disappeared. Wrap it well and store it in a covered ontainer for 24 hours before using.

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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST FRIDAY, DECEMBER 17, 1948

Toys--Pointers to Help You Select

(1:30) Miss Betty Jean Garlick, child development laboratory, University of Illinois College of Agriculture, suggests that we keep SAFETY in mind when we buy toys for children. Look for well-constructed toys with no sharp corners and no protruding nails or rough edges.

In wooden toys, look for tough, nonsplintering wood. If the toys are painted, check to see whether the paint is nonpoisonous. Be sure, too, that it has been put on in such a way that it will not chip easily. Most paints used on toys today are nonpoisonous--but if you are painting homemade toys, or repainting commercially made ones--select a paint without lead.

Don't be misled by the term "educational." Educators have been working with toy manufacturers, and now many stores are selling toys recommended by these educators. However, interest has become so widespread that the term "educational" is sometimes used to promote the sale of toys that should not be so labeled. Check for yourself to see whether the various parts of the toys fit--ask questionsand compare.

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Pennies to Fight Tuberculosis

(:15) The tuberculosis Christmas seals you received recently help to finance the year-round campaign to protect you, the members of your family, and others in your community. Tuberculosis can be cured--better still, tuberculosis can be prevented. Your Christmas seal pennies are needed.

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FOR BROADCAST FRIDAY, DECEMBER 17, 1948

Holiday Costumes for Children--They Can Be Dangerous

(1:15) Christmas can be a dangerous time for children--unless parents and other grown-ups keep their safety in mind. Flimsy party costumes, paper and cheesecloth garbs, Santa Claus suits--all can present a direct fire hazard.

The National Board of Fire Underwriters advises using tightly woven materials for costumes rather than the porous loose weaves. The greater amount of oxygen in the open spaces makes the loose weaves blaze so fast when they catch fire that it's impossible to remove them. Some manufacturers flameproof children's costumes. LOOK FOR THE LABEL.

The National Board recommends a flameproof solution for costumes that are likely to flash fire. The mixture of 9 ounces of borax and 4 ounces of boric acid dissolved in two quarts of warm water can be used as a last rinse. It should be applied after each washing. The material should be well saturated, wrung out by hand and hung to dry.

NOT ONLY children's clothes, but decorations around the base of the tree should be made fire-resistant. Santa Claus' beard and suit should receive the same treatment.

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Refreshments--When Folks Drop in for Tea

(1:15) Holiday time is visitin' time the country over. Friends from far away and those just down the street drop in to chat and pass the time of day. A cup of fragrant hot tea with simple refreshments 'longside always seems to add warmth and friendliness to the occasion.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that elaborate refreshments are not necessary for these informal occasions. She suggests Cinnamon Sandwiches as a fine accompaniment for the tea. The filling can be prepared at the last minute or made in advance and stored.

Mix 2 tablespoons of butter with 6 tablespoons of sugar and 2 tablespoons of cinnamon. Cream the mixture thoroughly, and spread it on thin slices of white or brown bread. Put together as double sandwiches and cut into strips or triangles. Or, if you prefer, cut the single slices into small rounds or squares and serve as open sandwiches. Serve plain or decorate with a nutmeat or a bit of dried or candied fruit.

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FOR BROADCAST SATURDAY, DECEMBER 18, 1948

Displaced Persons--Homes and Jobs in Illinois

(1:15) The Illinois Displaced Persons Commission asks your help. A survey is under way to attempt to find out how many homes and jobs could be provided in the state without displacing any of our own citizens.

Dr. D. E. Lindstrom, rural sociology division, University of Illinois College of Agriculture, is a member of the commission. He reminds us that some of the displaced persons are relatives of families already living in Illinois. Many of these families are willing to provide living space which would not be available to any other persons.

Other D. P.'s are needed on farms and in communities where housing is available. Many firms and farms need employees. The commission's first task is to find out where these opportunities are. To date the response has been good.

If you want information about the plan, write to the Illinois Displaced Persons Commission, 160 North LaSalle Street, Room 1414, Chicago, Ill. This task cannot be accomplished without the aid of individuals, groups, and organizations throughout the state.

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Table Decorations--For Christmas

(:45) Want an inexpensive, easy-to-make decoration for your Christmas table? Why not a gumdrop tree? It's a decoration that can be "sized" to suit the table and is easy to make. If you have children in your family, let them help make the tree.

Use a small branch of a tree, but choose one that resembles a whole tree. If you find one with thorns, so much the better. Insert it into a holder; then wrap each branch with narrow strips of white or metallic paper. Stick small colored gumdrops at every possible point. You'll be amazed at your results--it's a lovely holiday decoration for a table or desk and will last throughout the week.

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FOR BROADCAST SATURDAY, DECEMBER 18, 1948

Christmas Tree Tradition--Why the Fir Is Used

(2:00) As the holiday season draws near, our thoughts center more and more upon Christmas. We seem to find Christmas ideas everywhere, and back of many of these ideas are legends and stories that are fascinating and interesting--well worth recalling. Let's take the Christmas tree as an example.

Professor Florence Bell Robinson, landscape architecture department, University of Illinois,says that in early Christian days the apple was the Christmas tree. It symbolized the fall of man in the Garden of Eden and his reclamation by the birth of the Saviour in Bethlehem. And apples still survive on the Christmas trees in the gilt metallic baubles we use to decorate it.

However, the fir tree has long supplanted the apple for Christmas use. There are several different tales as to the origin of its use. All of them are connected with the change of pagan customs into Christian symbols.

One legend traces back to the Druids in their sacred groves of oak. A Christian missionary came among them and found them gathered about a massive old oak tree, sacred to the god of thunder. They were prepared to make a human sacrifice. The missionary looked on in sorrow, meditating how to gain their attention and to reach their hearts. Suddenly--seeing them under this great oak--the way came to him.

Calling his disciples around him, he went in and cut down the oak before them. As it fell, there sprang up a young fir tree--green and living--with no stain of blood upon it--its spiry top pointing to the sky. This he offered as a symbol of the mortality he taught.

And ever since that time, 'tis said, the fir tree has been used on the birthday of the Christ--a continuing symbol of the new and living faith. And its use has spread around the globe. Wherever the gospel of love and peace is taught, the Christmas tree is used.

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IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, DECEMBER 20, 1948

Christmas Gift Idea--For Neighborhood Children

(1:45) If you have children in your family, no doubt the problem of exchanging gifts is up for consideration. It's a problem that can reach alarming proportions--so far as the family pocketbook is concerned--especially if a dozen or more little friends live up and down the street.

This year, instead of a gift for every child in the neighborhood, why not solve the problem by issuing "Eat Tickets"? Talk it over with your young folks and have them make or help make the tickets. Print on small cards with bright crayon "EAT TICKETS"--good for one ice cream cone or candy bar or popcorn ball or beverage when presented at Johnnie's or Susie's home. Be sure to include the date and time of day to suit your convenience.

These "Eat Tickets" present a host of possibilities in addition to solving the gift problem. Date them--if possible--for the holiday season when the children are home from school. If you wish, date a number of them for the same time and make the occasion a party. That will give you an opportunity to space guests as you wish, and it will also give the "younger fry" an opportunity to entertain--to have a part in the planning.

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FOR BROADCAST MONDAY, DECEMBER 20, 1948

Electric Toys--Select Them With Care

(1:15) The National Board of Fire Underwriters warns that new Christmas toys can be dangerous to young children with prying fingers. Examine them thoroughly, and take special care when you select electric toys.

Electric toys of inferior construction can cause severe burns. They can start serious fires in Christmas trees and in flammable decorations. Make it a rule to inspect the toys your young son or daughter receives and supervise their play with any electric set. A child may get a severe shock from touching a radiator or other "ground" while handling electric toys.

Here are some general rules for safe toys:

1. Look for the Underwriters' Laboratories, Inc. markers on electric toys.

2. Don't buy toys using alcohol, kerosene, or gasoline. They are dangerous in young hands.

3. Don't place electric trains around the base of the Christmas tree--if they are plugged into the outlet.

4. Parents should plug and unplug electric toys themselves, rather than let small children do it. Play with electric toys should be supervised.

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Christmas Sweet--Here's an Easy One

(2:00) If you're giving homemade candy for Christmas, you'll need some tiny "bits" to fill the chinks in the boxes. Why not make a few Spiced Raisins? They are inexpensive and easy on the time schedule.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests this recipe: To spice 1 pound of seedless raisins, mix 1 cup of sugar with 1/4 cup of water and add whatever spices you prefer. Cloves, allspice, cinnamon, nutmeg, and ginger all may be used if you wish. One-fourth teaspoon of each is a good proportion from the flavor standpoint.

Cook the sugar, water, and spices until the syrup spins a thread. Remove from the heat and add the raisins--washed and patted dry. Stir until all of the raisins are coated. Separate the raisins--singly or in small clusters--on wax paper, and dry in a slow oven for about 5 minutes.

Place all of the raisins in a large paper bag with 1/4 cup of granulated sugar, and shake them until they are thoroughly coated. Turn out again on wax paper, and dry a few minutes longer in a slow oven.

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FOR BROADCAST TUESDAY, DECEMBER 21, 1948

Home Freezers--What to Do When Electricity Fails

(2:00) Stormy winter weather is hard on power lines. When breakdowns occur, food stored in home freezers is in danger. You can lose a good many dollars unless you know what to do--and at once.

Walter J. Wills, agricultural economist, University of Illinois College of Agriculture, says the first step is to keep the freezer closed tightly. Opening it will allow the cold to escape that should be kept inside the unit to maintain the temperature.

The next step is to call the power company to determine how long the power will be off. If your unit is operated by a home electric plant, determine just as soon as possible how much time will be required to do the repair job.

If the power is expected to be off for 24 hours or longer, find out about temporary storage for the food. Your local locker plant operator may be able to help you. If he has no storage space available, inquire about dry ice. A small amount placed in the freezer will help to maintain temperature.

Don't take chances on food spoiling. Some units will maintain a safe temperature for not more than 6 to 8 hours with the power off. Check your freezer to determine, if possible, how long it will maintain temperature. Remember, too, that food will stay frozen longer in a box that is full than in one only partly filled.

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FOR BROADCAST TUESDAY, DECEMBER 21, 1948

Buy Toys for Children--Not for the Grown-Ups

(1:30) If your last-minute gifts include a toy, be sure you keep the child in mind. Don't buy one keyed to big brother or to dad.

Miss Betty Jean Garlick, child development laboratory, University of Illinois College of Agriculture, warns against buying toys that appeal to the adult eye only. Make sure the toy isn't too heavy and cumbersome for the child to handle or to operate.

Like many of the popular brands of automobiles, tricycles are coming out well equipped with accessories. These make them attractive, but can the child push that much extra weight around? This point should be considered.

Streamliners may be the design of the moment, but it is far more important to the child that the toy have a wide base so that it won't tip over too easily. You'll find that most children aren't especially interested in streamlining. Popular toys are the ones they can operate--the ones they can understand and thoroughly enjoy.

Mechanical toys frequently appeal to the adult but are not ordinarily a good investment. They can be used in only one way--in contrast to blocks, clay, paints, hammer and nails. Mechanical toys also get out of order easily and are soon discarded. This makes them a very expensive gift when compared with toys that can be used over a longer period.

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Eliminate Yule Fire Hazards--Check Decorations

(:30) The National Board of Fire Underwriters warns that flammable Christmas decorations introduce a needless fire hazard. Nonflammable decorations of glass and metal are available, and "fireproof" snow should be used around the Christmas tree. It is dangerous to use paper or cotton in decorating the tree.

Decorations should never be used near chairs or other places where people may smoke. Curtains and other flammable material should be pulled back at least six inches from any electric light.

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FOR BROADCAST WEDNESDAY, DECEMBER 22, 1948

Holly--It Belongs to the Christmas Season

(1:15) Holly with its bright red berries is especially dedicated to the Christmas season. There are many legends and stories about how it came into use at this time of year.

Professor Florence Bell Robinson, landscape architecture department, University of Illinois, says that a certain legend has it that the Crown of Thorns was made of holly, and the bright red berries indicate drops of blood. Others recall its use in the Roman festivities of the Saturnalia, where it was the symbol of peace and friendship.

When the Christians took over many of the Roman customs, the holly became an invitation to the Christ Child to come in and bless the holidays in the home.

The name holly means holy. Its present sound and spelling came about through a careless shortening of the vowel sound. Hung in the window or on the door with a lighted candle beneath, it is supposed to be especially favorable to the house.

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Lights on the Tree--Check for Safety

(:30) The National Safety Council says to use electric lights--not candles--on your Christmas tree--but be sure the electric lights are safe. Cords that have worn insulation should not be used. Sockets and connections that are loose are direct fire hazards.

Make it a rule not to string tinsel where it may come into contact with a light socket. Never leave the lights on when you are away from home, and examine the light bulbs and connections frequently--make sure they are in condition.

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FOR BROADCAST WEDNESDAY, DECEMBER 22, 1948

Cider Ice--Serve It With Roast Turkey

(1:30) Cider ice is a fine accompaniment for roast turkey. It is quick to prepare and easy to serve. Why not include it in your Christmas dinner menu?

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests this recipe. Follow directions carefully, and freeze it as you would any other fruit ice or sherbet.

CIDER ICE

3/4 cup sugar	1/2 cup water
3 tablespoons lemon juice	1 quart sweet cider

Combine the sugar, lemon juice, and water in a saucepan and boil until a drop forms a soft ball in cold water. Add to the cider and turn into the refrigerator trays. Freeze rapidly without stirring.

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Dried Fruit Candy--For the Not-so-Sweet Tooth

(1:30) Holiday time is a time of feasting--at meal time and between meals. Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that we include some "not-so-sweet" candy along with the very rich. Dried Fruit Candy is a good choice and one that is suited to home kitchen preparation.

DRIED FRUIT CANDY

1 lb. raisins	1/2 lb. prunes
1 lb. figs	1 lb. dates
3/4 lb. walnuts	Confectioner's sugar

Steam prunes and figs until they are soft. Put fruit and nuts through the food chopper. Put a small amount of sugar on the board and knead fruit and nut mixture with the sugar until thoroughly blended. Roll into one "rope" and cut into pieces. Wrap each piece in wax paper and store in tightly closed container.

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FOR BROADCAST THURSDAY, DECEMBER 23, 1948

Christmas Eve Supper--Here's an Easy One

(1:15) One thing that complicates planning for the holiday feast is the fact that families insist on eating as usual--on the day before and the day after. Christmas Eve supper, for example, seems to take on considerable importance.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that we keep this "evening-before" meal hearty enough to satisfy appetites, but simple to prepare. Good old-fashioned Clam Chowder makes a fine basis for the supper menu, especially when portions are generous and accompaniments ample.

Include buttered toast or crackers with the chowder, and serve a crisp vegetable salad with French Dressing to complete the main course. For dessert--plan baked apples or a bowl of stewed fruit with Christmas cookies 'longside. Add a suitable beverage and your menu is complete--satisfying from the standpoint of family appetites, and easy on your time schedule.

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FOR BROADCAST THURSDAY, DECEMBER 23, 1948

Quality Eggs--Store Them Carefully

(1:00) No doubt you'll be buying more than the usual number of eggs during the holiday season. You'll want them for baking as well as for serving. Careful storage is important.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us that the conditions under which eggs are kept affects their quality. They require a clean, cool storage place that is not too dry. Refrigeration that holds a temperature above the freezing point but preferably not above 45° F. is ideal, provided the humidity is around 85 percent or higher.

Tests indicate that eggs left for 4 days in a warm kitchen--temperature between 70° and 80° F.--deteriorate. They lose as much freshness as eggs kept for several weeks in the refrigerator in a covered container. Where the temperature is higher, the loss in quality occurs even more rapidly.

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Star of Bethlehem--Legend Links It With Christmas

(1:00) Most of us think of the Star of Bethlehem as a spring bulb in our gardens. However, the tale of its origin links it with the Christmas season, and a very fascinating legend it is indeed.

Professor Florence Bell Robinson, landscape architecture department, University of Illinois, says that according to the legend the Star of Bethlehem is a part of that very light that shone in the heavens on that first Christmas night. The tale runs that after leading the Wise Men to Bethlehem the star burst like a meteor, scattering acres of flowers over the fields.

Joseph, going out at dawn, found the blossoms and gathered them for Mary, saying to her, "See, the star of the east has fallen and borne fruit in kind."

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FOR BROADCAST FRIDAY, DECEMBER 24, 1948

Apple Cake--For Christmas Breakfast

(1:30) Breakfast on Christmas morning calls for "extra-special" fare. However, it should be food that can be prepared quickly and that requires only a short period of time for cooking. Apple cake, right from the oven, is usually a favorite.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says no special recipe is needed for the cake. Use your recipe for plain biscuits. If you wish, sift the flour with the salt and baking powder and blend in the shortening the night before. All you'll have to do on Christmas morning is to add the liquid, and mix and bake the cake.

Spread the biscuit dough in a shallow baking pan and top with thinly sliced apples. Sprinkle with sugar mixed with a dash of cinnamon and a few drops of fresh lemon juice. Add a bit of grated lemon rind for extra flavor, if you wish. Bake in a moderately hot oven (375° F.) until the apples puff.

Remove the cake from the oven and spread the top with apple or currant jelly, cool slightly, and serve with a generous helping of good butter.

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FOR BROADCAST FRIDAY, DECEMBER 24, 1948

Last-Minute Gifts--From Your Kitchen

(1:15) Don't underestimate gifts of food. Packages from home kitchens--cakes, cookies, canned or frozen fruits and vegetables are always appreciated--and a fine solution to many neighborhood gift problems.

If you are so fortunate as to have your own poultry flock, why not a gift of a dozen or two eggs? Or, if you have stored poultry for the winter, send a canned or frozen chicken to a family who has to rely on the local market for its supply.

Perhaps you have a special recipe for making strawberry jam or jelly or for preparing fruit marmalade or chow-chow or pickle relish. Package a jar or two neatly and send it to a friend who does not have facilities for preserving foods. Unless you want to keep the recipe secret, you might include a copy with the gift.

Homemade fruit cake and steamed puddings are always welcome gifts. A mince pie which can be reheated when needed, a coffee cake, right from the oven and sent in time for the Christmas morning breakfast, frozen vegetables--enough for the Christmas dinner--are gifts that will be long remembered.

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Christmas Eve Night Cap--Here's a Fine One

(:45) Christmas Eve 'round the fireside is traditional in many homes. It is the time when the family gathers to discuss the day ahead--perhaps to read a Christmas story or to sing a favorite carol. A bit of refreshment is always in order.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests cups of fragrant, hot sweet cider. Serve it plain or spiced, as you wish. To spice it, add a stick or two of cinnamon and a few cloves before you heat it. Allow it to simmer for a few minutes, and then remove the spices.

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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST SATURDAY, DECEMBER 25, 1948

Roasting the Turkey--Last-Minute Suggestions

(2:00) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, reminds us to start roasting the turkey 30 to 40 minutes ahead of schedule--if we have the feast set for a definite time. Starting early prevents delay if the bird takes longer to cook than we had estimated--and it is easy to make a mistake with so much excitement in the air. Then, too, the extra minutes allow time to take care of final details--remove the trussing cords, make the gravy, and arrange the service.

If you're using a meat thermometer, you'll have no difficulty in determining the exact minute the bird is done. If you put the thermometer inside the thigh muscles, cook the bird to 190°F. If you put it in the center of the dressing, the turkey will be done when it registers 180°F. Be sure to follow the manufacturer's directions for using the thermometer.

To test the turkey for doneness when no thermometer is used, press the fleshy part of the drumstick with your fingers, protecting them with cloth or paper. The bird is done if the meat feels soft. Or move the drumstick up and down. If the leg joint gives readily or breaks, your turkey is done.

If possible, take the turkey out of the oven 20 to 30 minutes before you plan to serve it. This gives the meat a chance to absorb the juices or to "mellow." Keep the bird on a warm platter until you are ready to send it to the table. Use a light hand with the garnish. A little crisp parsley or a sprig of salad greens is sufficient. ANYTHING MORE HANDICAPS THE CARVER.

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FOR BROADCAST SATURDAY, DECEMBER 25, 1948

Carving the Turkey--Make the Job Easy for the Master of the House

(1:00) Carving skill comes with long practice, but the "cook" can spoil the day for the world's best carver by unhandy arrangement of the service. Perhaps the first rule is to avoid crowding--give the carver room to work. Be sure the necessary tools are at hand and in condition.

Before bringing the turkey to the table, remove all strings, skewers, etc. Arrange the bird on a platter large enough to allow for good carving. If you do not have a large platter, use a tray, or even a carving board. Be sure the bird is evenly balanced on the platter; if not, prop it up with a wedge of bread. Decorate it sparingly with parsley or water cress. Aspic squares, stuffed tomatoes, and fancy cutouts do not belong on the carving platter.

The placing of the bird is important. If the carver is right-handed, place the legs to the right; if he is left-handed, place them to the left. Don't object if the carver stands to carve. Even experts find the job easier to do with neatness and dispatch when they stand.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST MONDAY, DECEMBER 27, 1948

Refreshments for the "Young Fry"--Keep Them Easy to Prepare

(2:00) If you expect to have your children's gang trouping into the house this week, you might as well expect to feed them. Half the fun of visiting someone's house is getting something to eat there, but it is a good plan to keep refreshments simple, particularly after a week end of feasting.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests a fruit beverage with not-so-sweet cookies 'longside. Serve the beverage chilled, but not iced, and use your own good judgment about flavor combinations.

Tall glasses of pineapple and grapefruit or orange juice are a popular choice. Grape juice combined with orange or grapefruit is attractive in color as well as flavor. Canned fruit juices can be combined to good advantage. If sugar has been added during the canning, use an unsweetened juice to balance the flavor.

Whatever your choice of fruit juices, dress up the service--make the occasion rather special. Colored straws, napkins with a holiday motif, and attractive garnish--a sprig of mint, a red or green cherry, a section of orange or lemon--add a festive note. If your guests belong to the very young set, plan to seat them at a table--one scaled to their size if possible. It simplifies service for you and the business of eating for them.

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FOR BROADCAST MONDAY, DECEMBER 27, 1948

Gift Wrappings and Ribbons--Time to Tuck Them Away

(1:30) We'll want to display our Christmas gifts throughout the week, but the wrappings and ribbons have served their purpose. Let's clear them away and get rid of clutter and confusion as well as a direct fire hazard.

Miss Mary Jane Rice, home economist, University of Illinois College of Agriculture, suggests that we salvage all of the wrappings and ribbons that are in condition. They'll save us a pretty penny, as well as hours of shopping time, when Christmas 1949 rolls 'round.

Instead of folding the papers, roll them. Use a cardboard tube as the core, or make a core by rolling heavy wrapping paper or several thicknesses of newspaper. Follow the same plan for the ribbons. Use a tube 10 to 12 inches long, and separate the ribbons according to color. It will make them easier to inventory and will likewise speed their use.

Often papers and ribbons that are in not too good condition can be made usable by pressing. Use a warm iron only, and protect your ironing board cover. Some of the paper designs may not be heat-proof and will be transferred to the cloth. Once you have the wrappings and ties assembled, cover them tightly, label the box and tuck them away. Some families find it convenient to paste an inventory list to the end or side of the box.

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Christmas Tree Lights--Time to Check Them

(:15) The National Board of Fire Underwriters reminds us that the Christmas tree lights call for regular checking. Once each day should be the routine. Examine the needles around the light bulbs. If they are even slightly browned, change the position of the bulb.

Examine the cords for frayed spots and for kinks or broken wires. Check the wall outlets and the cord connections. Make it a rule to turn off the lights when you leave home--even for a short time. Better still, disconnect the tree lights from the circuit.

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FOR BROADCAST TUESDAY, DECEMBER 28, 1948

Stand-Up Animals--They'll Delight the Children

(2:00) Most young children are easy to please, especially when the air is filled with "party talk." If you aren't convinced, try some of these Animal Cookie tricks this holiday season.

Prepare a recipe of fruit jello. Use the flavor you prefer but, if necessary, color it red or green in keeping with the holiday season. Turn it into a shallow oblong or square pan--to a depth of about 1 inch--and let it set partially. Then stick animal cookies into position. When the mixture has set thoroughly, cut it in squares with one animal per square.

Or, if you prefer, use your favorite recipe for old-fashioned fudge. Pour it into an oblong or square pan to harden. As soon as you pour the fudge into the pan stick animal cookies into it. Cut in squares and use as favors or as the table decoration--marching the animals in line down the center of the table.

Another Animal Cookie trick that will delight the "young fry" is to march the animals around the edge of the party cake. If you plan to ice the cake, stand them in the icing around the edge. If the cake is a plain one--perhaps put together with a bit of jam or jelly with a bit of sugar sprinkled on top--stand the animals in the top layer. Use the point of a paring knife to make "foot" room for the animals in order not to crush the cake.

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FOR BROADCAST TUESDAY, DECEMBER 28, 1948

Boiled Dinner--Welcome Change After Holiday Feasting

(2:15) An old-fashioned New England Boiled Dinner is counted a favorite in many homes, whatever the season. It is a happy choice following a week end of holiday feasting--turkey and stuffing with all the trimmin's.

If the dish is a favorite in your home, then you probably have your own special way of preparing it--perhaps a recipe that has been in the family for two or three generations. But just in case you want suggestions, Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, sends these directions:

Select a 3- or 4-pound piece of corned beef--depending on number of servings needed. Make it brisket if you can find it. Place it in a large kettle, cover it with cold water and simmer it slowly. It will require from 2 1/2 to 3 hours for cooking. After cooking approximately 1 1/2 hours, add 1/4 pound of good salt pork, and continue the cooking, keeping the temperature low.

When the beef is almost done, add the vegetables. Use the vegetables you prefer--you know your family's likes and dislikes. The old-fashioned New England recipes called for onions, cabbage, quartered and cored, medium-sized white turnips, pared and quartered, and carrots and potatoes. Whatever your choice, add the vegetables according to the time required for cooking.

When the vegetables are done--barely tender but not mushy or soggy--place the meat in the center of a large platter and arrange the vegetables around it. It can be as attractive and colorful as you choose to make it. Add bread or some of your good homemade biscuits or rolls and a beverage, and your menu is complete. Forget about dessert--leave it for another day--when you serve a less important main course.

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FOR BROADCAST WEDNESDAY, DECEMBER 29, 1948

Good Refreshments--For a Winter Evening

(1:00) Spiced chocolate and toasted wafers make a good combination for a chill evening. It is easy on the pocketbook as well as the time schedule, and it is mighty satisfying.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, suggests that you use your own favorite recipe for hot chocolate. When you prepare the syrup, add 1 teaspoon of cinnamon and a dash of cloves--for four servings--and cook it slowly for five minutes. Then add the milk and heat quickly to just short of the boiling point, and it is ready to serve.

Prepare the syrup in advance if you wish--especially if you are planning to serve more than four or five persons. Keep it at room temperature until you are ready to add the milk. Then reheat at low temperature. If the budget permits, add a portion of cream for part of the milk. Top with whipped cream or a frosty marshmallow.

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Christmas Seals--Let's Not Forget Them

(:15) There is still time to send your Christmas seal pennies to local headquarters--just in case you forgot them in the holiday hurry and bustle. Your pennies are important. They help to wage the battle against tuberculosis in your community. They help to protect your family--your community.

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FOR BROADCAST WEDNESDAY, DECEMBER 29, 1948

Oyster Stew--For New Year's Eve Supper

(1:30) Old-fashioned Oyster Stew is a favorite for New Year's Eve supper--be the hour early or late. It is a dish that is easy to adapt to numbers and that calls for last-minute preparation only.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, says Oyster Stew--to be just right--should be made with the eye on the clock. Cooking at too high a temperature or for too long a time will make the oysters tough and flavorless.

If you are planning for not more than six servings, heat the oysters in their own liquor over direct heat. Use a heavy utensil, keep the heat low, and heat only until the edges begin to curl. Add the milk--a portion of cream depending on the budget--and heat quickly. DO NOT PERMIT THE STEW TO REACH THE BOILING POINT. Season to taste with salt, a bit of pepper if you wish, and a generous portion of butter. For extra flavor and a dash of color, top each serving with a bit of minced parsley or chives.

If plans call for quantity service, heat the milk and oysters separately. The wisest plan is to heat the milk, then heat the oysters as needed, and add them to the milk just ahead of serving time. Remember that prompt service is important once the oysters have been heated.

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Cross Streets Safely--Obey Pedestrian Rules

(:15) The National Safety Council records indicate that one-third of all accidents to pedestrians occur between intersections. Cross only at corners. Don't jaywalk into trouble.

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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR BROADCAST THURSDAY, DECEMBER 30, 1948

Lemon Sauce--To Serve With Pudding or Cake

(2:00) Tart, creamy lemon sauce is just the topping for plum pudding or plain sponge or butter cake. It can be prepared hours--even days--in advance of the time needed, provided you store it in the refrigerator.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture, sends along this tested recipe. It is easy to prepare and can be served steaming hot or chilled, as you wish.

LEMON SAUCE

1/3 cup butter	1/3 cup boiling water
1 cup sugar	3 tablespoons lemon juice
3 egg yolks	Few gratings of lemon rind

Cream the butter, add the sugar gradually, then the egg yolks--slightly beaten. Add the water and cook slowly, over hot water, until the mixture thickens slightly. It should be the consistency of good table cream. Guard against overcooking. Remove from the heat, add the lemon juice and rind.

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FOR BROADCAST THURSDAY, DECEMBER 30, 1948

Baked Eggs and Cheese--A Quick Supper Dish

(1:30) Eggs are good main course fare for any meal of the day--provided they are served attractively. The next time you want a quick-to-cook supper dish try Baked Eggs and Cheese.

Break the desired number of eggs into a shallow greased baking dish--allow one or two eggs per serving depending on appetites. Add a few tablespoons of sweet cream, season with salt and a dash of paprika.

Top the eggs with a mixture of grated cheese and fine dry bread crumbs. Bake in a slow oven (325° F.) until the eggs are set and the crumbs are lightly browned. Send to the table promptly.

If it is impossible to regulate the oven temperature accurately, set the casserole in a pan of hot water and bake at a moderate temperature until the eggs are set. Guard against baking at too high a temperature or for too long a period of time. Overcooking will toughen the egg white and tend to make it unpalatable.

Serve rolls, toast, or piping hot muffins with the eggs. Add a crisp salad, or a vegetable such as buttered peas or broccoli. If you want a more hearty menu, serve baked potato slices or mashed potatoes. Or, top the casserole with bacon strips before you send it to the oven. Fried ham or tiny sausages, done to a turn, are other good accompaniments.

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Old Fashioned Gingerbread--Deserves a Topping

(:15) Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, suggests this flavor trick for gingerbread. Blend a goodly portion of grated orange rind with hot fresh apple sauce. Cool and fold in a portion of whipped cream. Heap the mixture on the individual servings of gingerbread and serve at once.

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FOR BROADCAST FRIDAY, DECEMBER 31, 1948

New Year's Midnight Spread--Try This Menu

(2:00) There is no other event in the year that means a party quite so much as New Year's Eve. Just saying the words paints mental pictures of good friends getting together to usher in the new arrival and give the final nod to the old one.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, advises a midnight spread for the occasion. She suggests this menu which is simple to prepare and can be served with ease. It is especially suited to buffet service.

New Year's Midnight Spread

Sliced Baked Ham Spiced Crabapples
Relish Tray
(Celery, Olives, Carrot Strips)

Rolls Butter - Jelly or Jam

Eggnog Tarts
Holiday Punch
Coffee

If you wish to serve a hot food, add steamed rice or glazed sweet potatoes. A molded fruit salad is another logical addition if the occasion calls for a more elaborate menu. Instead of the eggnog tarts, frozen eggnog with thin slices of old fashioned fruit cake is a good choice.

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FOR BROADCAST FRIDAY, DECEMBER 31, 1948

Stuffed Eggs DeLuxe--Good Addition to Cold Cut Platter

(1:00) If food plans for the New Year call for cold meats, include Stuffed Eggs DeLuxe. They serve as a garnish and are mighty fine in flavor.

Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture,suggests that careful seasoning is the order. Hard cook the eggs, then peel them, split them lengthwise, and remove the yolks.

For each two yolks add 1 heaping tablespoon of Roquefort cheese, 1/4 teaspoon each of horseradish and mustard, 1/2 teaspoon minced chives, and salt and pepper to taste. Blend the egg yolks with the seasonings, then fill the egg whites with the mixture and sprinkle with paprika.

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Your Christmas Tree--It Has Had Its Day

(1:00) The National Board of Fire Underwriters reminds us that the family Christmas tree should bow out with the old year. In some homes it has been on duty since mid-December,and it presents a direct fire hazard.

Plan to dispose of the tree promptly. Don't store it in the basement or toss it into the yard for young children to play "bonfire" with--unless you supervise them. The wood, as well as the needles, is as dry as tinder and a tiny spark is likely to ignite it.

Some towns and cities stage tree burning ceremonies. Each family who delivers the "used" tree to a central point, on or before the specified date, is given an Award Certificate. On New Year's night the trees are burned and a special program is staged to mark the occasion.

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